

Squaxin Drummers, Singers, and Dancers Grace Governor's Inaugural Ball



Back L-R: Colleen Ferguson & Gov. Bob Ferguson
Front L-R: Squaxin Vice Chair Jaimie Cruz and Chairman Kris Peters

Squaxin Island Tribe was invited to attend and perform at Governor Bob Ferguson's Inaugural Ball on Wednesday, January 15th at the Washington State Capitol in Olympia.

Squaxin fulfilled their duty as the host tribe by opening the event in

a traditional way with drum, song and dance.

Chairman Peters provided a welcome to the homelands of the "People of the Water" and spoke of Squaxin Island Tribe's rich traditions and history, as well as our unique relationship with the state of Washington.

"It was powerful to watch our Squaxin people take over the Capitol Rotunda with our dancers and to hear our songs and drums echoing loudly throughout the building," Squaxin Island Tribal Chairman Kris Peters said.

"We recognized the new governor and the State of Washington, but reminded people that we are the original inhabitants of this land and that we are still here with our culture strong and thriving."

The drum group was represented by youth of all ages and adults performed songs and danced in traditional regalia.

It truly was the highlight of the evening in front of the largest crowd in inauguration history.

Island Enterprises and LCCR catered fish and shellfish for the evening.



Photos by Sadie Whitener and Margaret Henry and from <https://wastategovball.org/#photos>
More photos on Pages 6-8





Council Corner

February 13, 2025 Meeting Highlights

The February 13th Council agenda opened with a prayer by Vicki Kruger. The meeting was called to order, and the agenda was approved without any objections.

Travel Reports and Upcoming Events:

| | |
|-------------------|--|
| February 20: | Council Work Session - Chambers |
| February 21: | Council Work Session - LCCR |
| February 25: | LCCR Staff Appreciation Dinner, 5:00 p.m. - LCCR |
| February 26: | Enrollment Talking Circle, 5:00 p.m. - Community Kitchen |
| February 28: | Tumwater KTP Soft Opening, 11:00 a.m. |
| March 13: | Griffin School Board & Council Meeting, Griffin, 6:00 p.m. |
| March 20-21: | Council Work Session |
| March 31-April 3: | Indian Gaming Tradeshow, San Diego, Ray Peters attending |
| April 28-29: | NAFOA, New Orleans. Ray Peters attending |
| May 3: | Annual General Body Meeting |

Jaimie shared that there will be a Canoe Awakening Ceremony scheduled soon.

Public Comment Period: Kristen Penn presented a proposal for a disc golf course, highlighting community benefits and potential for fundraising.

Council Discussion: Discussion included updates from recent meetings in Washington, D.C., the Affiliated Tribes of the Northwest Indians meeting, culvert meetings, and riparian round table discussions.

Emergency Operations: Kelly Guy provided updates on emergency support functions and community engagement in emergency notifications. There was discussion on the need for more registrations of community members.

Elections Committee Update: Juana Nelson reported on preparations for the upcoming elections, including recruitment for committee members and volunteers.

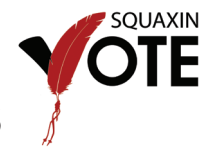
Natural Resources Update: Erica Marbet requested approval for two EPA grant proposals related to water quality and salmon planting.

Little Creek Casino Update: Ramon Nunez reported on January's financial performance, upcoming events, and ongoing projects like the Tower 2 renovation and administration building construction. There was discussion on employee feedback initiatives and tuition assistance program updates.

Squaxin Island
Tribal Council Meetings **Public Comment Period**
SECOND & FOURTH THURSDAYS
 Each month

Tribal Council is implementing a new Public Comment Period with every Council Meeting. This period will be a standing item on the agenda, from 9:15 - 9:30am. Attendees are encouraged to bring their comments in written form, and each individual's time will be limited.

REGISTER FOR THE PUBLIC COMMENT BY TUESDAY BEFORE THE MEETING:
 Email Melissa Puhn to get on the Public Comment Period:
 mpuhn@squaxin.us



Elections Are Just Around the Corner!

The time has come to make your voice heard - tribal elections are fast approaching! The Elections Committee is working hard to ensure a fair, legal, and efficient voting process.

What Does the Elections Committee Do?

Each year, the Tribal Council appoints members to the Elections Committee, who then elect their officers. Their main job? To oversee the election process and ensure fairness. They also assist in planning the spring General Body meeting, which is organized by tribal administration at the request of the Tribal Council Chairman.

To guarantee accuracy and transparency, the committee brings in an outside consultant to print and record ballot counts. Ballot counting is closely supervised by candidate representatives, committee members, and tribal law enforcement.

Get Involved!

The Elections Committee is currently looking for volunteers to help make this year's election process smooth and successful. If you're interested, now is the perfect time to step up and support your community! If you'd like to serve on the committee or are interested in volunteering the day of the meeting, please reach out to Melissa Puhn at mpuhn@squaxin.us or (360) 426-9781.

Who's Up for Election?

This year, two important Tribal Council positions are on the ballot:

| | |
|------------------|-----------------------------------|
| Council Member 3 | Currently held by Vince Henry Sr. |
| Vice Chair | Currently held by Jaimie Cruz |

Your participation matters! Stay informed, get involved, and make your vote count!

**Your Voice Matters:
 Participate in the Tribal Cultural Survey!**

We are excited to announce the launch of our Tribal Cultural Survey, designed to gather your insights and perspectives on how we can better incorporate our shared cultural heritage into tribal programs, events, and initiatives.

Your input is invaluable in shaping our tribal government's efforts to preserve, celebrate, and strengthen our cultural identity for current and future generations. By completing the survey, you are directly contributing to decisions that honor our traditions and reflect our collective values.



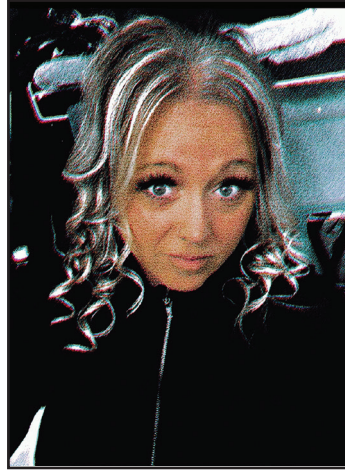
Introducing Our Assistant Managers for the Trading Post Stores



Billy Hagmann
Store Manager



Isaiah Coley
Store Manager



Jo Santos
Store Manager



Rigo Hernandez
Assistant Manager



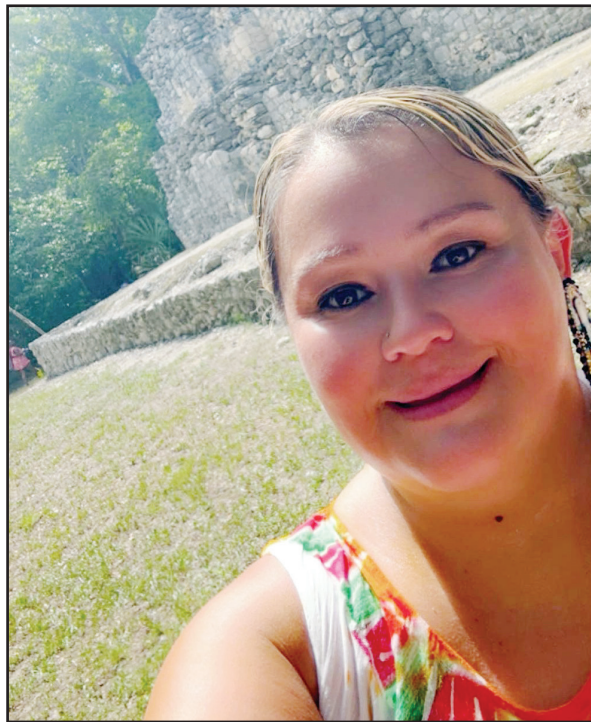
Sam Boyd
Assistant Manager

Thanking Our Dedicated Employees



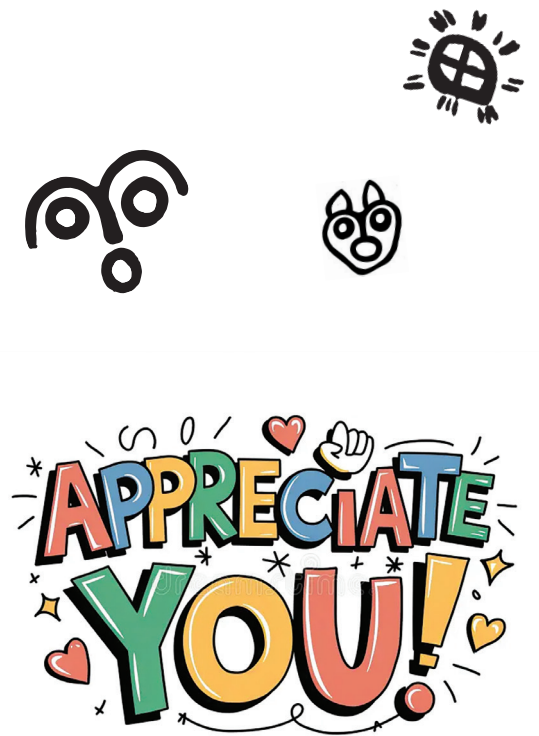
Rod Schuffenhauer

Island Enterprises, Inc. and Salish Seafoods want to thank Rod Schuffenhauer for his 20-year dedication to the company.



Audelia Arazia

Audelia Arazia has 15 years with Kamilche Trading Post this year! We are proud to have her with us and admire her dedication to her community.



Tim McGuire

Tim McGuire, who is a Controller in the accounting department within Island Enterprises, has dedicated 15 years to our community. (photo unavailable)



What's Happening at the Creek

Instant Gold: Gold is the name of the game! Every Friday and Saturday in March (excluding March 1), you could win up to one ounce of gold - worth over \$2,500! Drawings take place every hour from 1:00 p.m. to 6:00 p.m. Take a chance and see if you'll strike gold this month!

Instant Green: Get ready to cash in on some serious green! Every Friday and Saturday in March from 7:00 p.m. to 9:00 p.m., you could win big with \$3,000 up for grabs on Fridays and \$5,000 on Saturdays. Earn entries while you play - don't miss your chance to win stacks of cash! (Excludes March 1.)

Shamrock Bracket Showdown: The luck of the bracket is on your side! Join us Mondays and Wednesdays from 1:00 p.m. - 5:00 p.m. for your shot at up to \$5,000 in cash! The top five finishers each day win prizes and advance to the Grand Prize Tournament on March 29 at 2:30 p.m. Earn an extra entry for every 500 same-day points. Will your bracket bring you the gold?

Shamrockin' Swipe & Win: Strike gold this St. Patrick's Day! On Monday, March 17, play from 9:00 a.m. to Midnight for your chance to win up to \$5,000 in cash! Will you find the pot of gold?

Gift Giveaway, Dreamer's Collection: Sleep in luxury with our Dreamer's Collection - a set so cozy, you'll never want to leave your bed! Every Thursday and Sunday in March, earn 1,500 Resort Reward points to claim a premium bedding essential, including a 2-piece pillow set, embossed flannel throw, 4-piece sheet set, and a reversible comforter. Pick up your rewards between 1:00 p.m. and 9:00 p.m., and collect all four to complete the set. Don't sleep on this chance to bring home the ultimate comfort!

Forever Young (50+ Promotion): Age comes with its own luck! Guests aged 50+ should join us every Tuesday in March for Forever Young. Drawings at 6:00 p.m. and 7:00 p.m. We're giving away free play and \$1,000 in cash! Plus, enjoy delicious treats from Crumbl starting at 10:00 a.m.. Experience the good fortune that comes with wisdom and a little luck!

March Jackpot Drawing: We're celebrating our jackpot winners in style! If you hit a \$1,200+ jackpot in February, you're invited to join us on

March 9 for a special drawing at 2:00 p.m., 4:00 p.m., and 6:00 p.m. to win your share of \$12,000 in cash! Keep playing in March - every jackpot earns you another shot at winning big!

Blackjack Blitz Hot Seats: Get ready for hot seat action! Play Blackjack on Mondays, Tuesdays, and Wednesdays in March for a chance to be drawn at 2:00 p.m., 4:00 p.m., 6:00 p.m., 8:00 p.m., and 10:00 p.m.. Win promo chips and cash, plus an entry earns a spot in the March 31 Blackjack Finale with a top prize of \$450 in cash!!

Bingo: Get ready to daub your way to a lucky win! Join us on Friday, March 14, Saturday, March 15, and Sunday, March 16 for your chance to win \$1,199! Don't miss Blacklight Bingo on Friday at 8:00 p.m., or regular sessions starting at 1:00 p.m. on Saturday and Sunday. Grab your lucky charms and let the winnings roll!

March Spa Specials: Indulge in the luck of relaxation! Treat yourself to our March spa specials,

featuring luxurious treatments to refresh and rejuvenate. Whether it's a gold-infused facial or a clover-scented massage, you'll leave feeling lucky and renewed. Book your appointment today!

March Hotel Package: A golden getaway awaits! Stay with us in March and book our special package featuring a bottle of champagne or cider and a sweet treat in your room. Available on select dates throughout the month. Call 1 (800) 667-7711 to book your lucky escape!

Team Member of the Month – Amaya Johnson

Amaya's exceptional dedication to guest service and her leadership have made a remarkable impact on our team. In the absence of a banquet captain, she has stepped up, expertly managing many of the managerial responsibilities with grace, composure, and a constant focus on creating outstanding guest experiences. Her ability to lead by example, listen attentively, and stay calm under pressure has earned her the respect and admiration of everyone around her.

Her friendly, approachable nature makes her a true asset to the team, and we are proud to highlight her contributions.

As expressed by our Food and Beverage Director: "In light of her significant contributions and dedication, we are proud to express our deepest appreciation for Amaya Johnson. Her hard work, positive attitude, and exemplary leadership make her an invaluable member of our team." -Walter Hahn

Thank you, Amaya, for your unwavering commitment to excellence and for setting the bar high for all of us.

SQUAXIN TRIBAL
MEMBER PICK-UP






HOTEL TOWER 2
RENOVATION UNDERWAY

As we move forward with enhancing our guest experience at the resort, Little Creek Casino Resort is offering select items from Tower 2 that will be replaced during renovation.

All Squaxin Tribal Members have first access to these furniture items before they will be donated.

Two more Rounds for furniture
pick-up at the Skookum
Warehouse

Keep an eye on the
Daily Scoop!

SIT Elders will be offered an
exclusive early pick up time
each day this is available



MATTRESSES AND TV'S NOT INCLUDED





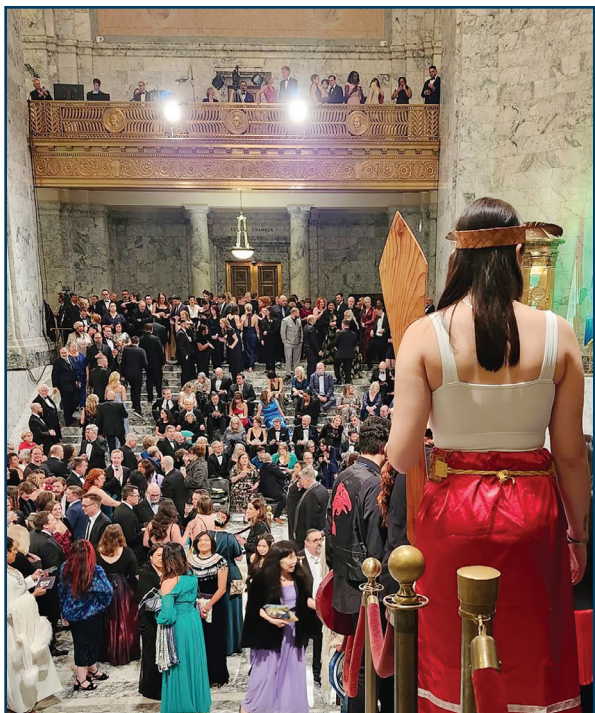


GOVERNOR'S INAUGURAL BALL





GOVERNOR'S INAUGURAL BALL





GOVERNOR'S INAUGURAL BALL





New Employees



Joanne Decicio
VOCA Advocate

Hi! My name is Joanne Decicio. I am happily married with two adult daughters, numerous bonus adult children and multiple grand- and great-grandchildren.

I am a member of the Squaxin Island Tribe. I was born in and have resided in Shelton my whole life, living mostly in Squaxin Island's village since the first house was built in 1976. My mom, Barbara Henry, and grand-ma-ma, Theresa Nason, were both Master Basket weavers, and I miss them both deeply.

I am happy and excited to join the team at Family Services, love people, have numerous positive skills that will enhance this position, and have always been enthusiastic about learning new skills and improving efficiency whenever possible.

My love for the Squaxin Island Tribe is loyal, strong, and genuine.

I look forward to seeing everyone in this next chapter and working with my team at Family Services.



Doyle Foster
Cultural Resources Office Support

Hi! My name is Doyle Foster, and I have been hired for the Cultural Resources Office Support position.

I've lived in Kamilche most of my life and worked for the Tribe in one capacity or another for the last thirty years.

Most everyone knows me. If you don't, feel free to introduce yourself. See y'all out and about, hoyt.



Kaitlyn Gahl
Habitat Resource Biologist

Hi! My name is Kaitlyn, and I have been hired as the Habitat Resource Biologist with the Natural Resources Department.

I'm originally from Montana, but I have worked all across the western U.S. doing fisheries and wildlife work.

Most recently I was in Arizona, and I am very happy to be back amongst green trees, ample water and salmon.

I'm very excited to be joining this community and working toward keeping our streams and ecosystems healthy alongside so many great people.

I look working with you all.

Rachel Espanto
Registered Nurse



Hi! I am Rachel Espanto, the returning Registered Nurse with the Health and Human Services Department.

I have been in the medical field in a variety of roles for the last 14 years. I am happy to be able to use that experience to serve an amazing community.

I am fortunate that I have been able to work with this team in this position before. I am excited to be able to help. I look forward to meeting new people and getting reacquainted with some old people. For me it feels, not like coming back to an old job, but like returning to family. I look forward to seeing everyone soon!



2025 Netpen Coho Have Arrived!

Will Henderson - In mid-December before break, staff started readying the netpen facility to accept fish.

On January 7th, we started transporting coho smolts to the netpens for annual production/rearing.

Each day of hauling, four trips were made using our fish transfer barge. We continued to haul fish through the end of January.

In total, 32 pens have been filled with just over 2.8 million coho received!

Overall, the fish look good and are acclimating to the saltwater environment. One of the three groups of coho came out smaller than normal, but reacted better than expected to the transfer and have been eating well.

This year, half the population of coho were given a vaccination bath during the truck transport, to help ward off *Vibrio* infections that can occur with the warming water temperatures in late spring.

Staff have started feeding, and continue to maintain the new coho daily.

During the rearing season, we will sample six-eight random pens each month to monitor health and growth progress. Samples are sent to the Northwest Indian Fish Commission (NWITC) pathology lab for health inspections and pathogen testing.

Coho will be reared until the end of May, then released.

A big thank you to our NR staff for the everyday work they do and the long days put in during fish hauls! Thank you, David Dorland, Jackson Cruz, Terrence Henry, Cris Hall, Donald Terry, Danny Snyder, Keenon Vigil and Kai Tavares!

We also thank the WDFW folks who are involved and help as well.

Thank you all, and know that your hard work is appreciated!

Fish On!



Danny Snyder



Jackson Cruz and Cris Hall



Lee Pilon, WDFW





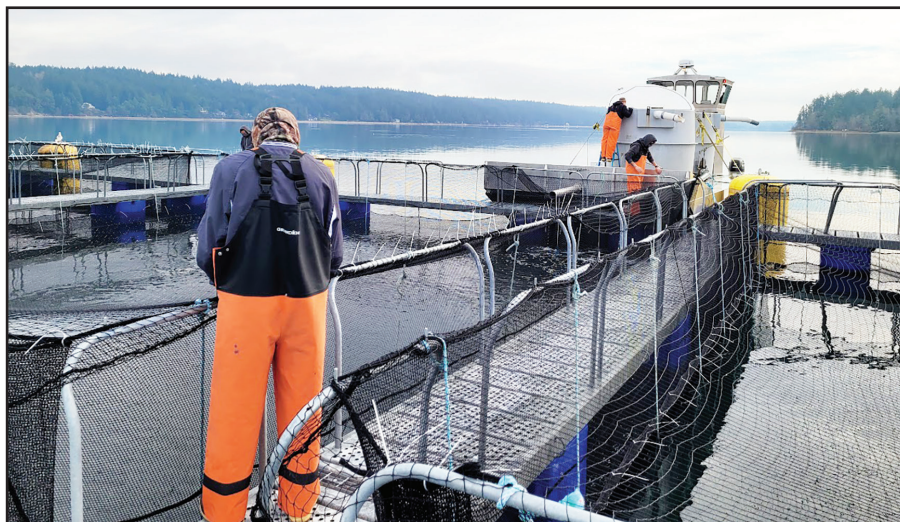
NATURAL RESOURCES



Danny Snyder and Terence Henry



David Dorland



Keenon Vigil, Donald Terry, and David Dorland





YOUTH CENTER



Bordeaux

Tamika Krise, Student Advocate - Hello Bordeaux Bulldog fam!

March is here, and we are busy, busy, busy! Billy Frank Jr. Day and conference week is this month.

I am excited to share what we will be doing for Billy Frank Jr. Day. We will be helping teachers with teaching resources and activities for the classrooms, having Billy Frank Jr. conversations and activities for the Native Ed. groups, and making sure there is a ton of representation throughout the hallways. These are a few of the things we will be implementing. Pictures coming soon!

For now, I have a ton of pictures of our last few weeks here at Bordeaux and a few important dates to think of . . .

Conference Week is March 31 - April 4.

If you need any help scheduling, have any questions, or would like support at your students' conference, feel free to reach out to me!



Lunch time with the boys!



Lunch time with Danielle and Andre



Shout out to Top Dog Lillie! Let's go girl



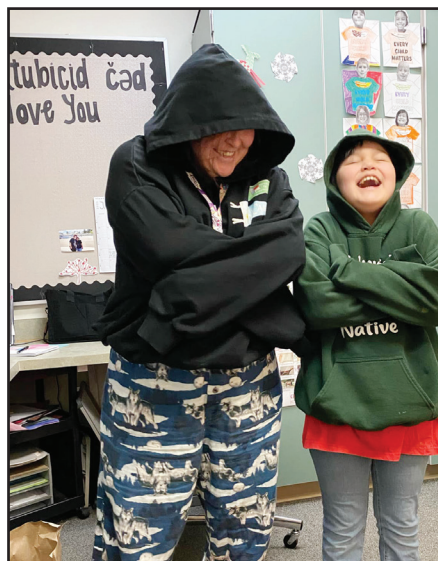
Dress like a teacher day with Nicholas



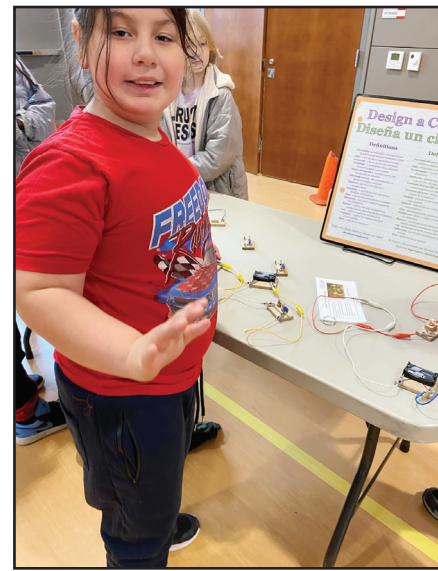
Ivy was her teacher Mr. Zea



Roselani dressed as me! Sweats, hoodie, & sneaks of course!



Dress like a student & dress like a teacher day! I was Turumi



Connecting circuits with Joseph



Paloma teaching me during the Science on Wheels event





YOUTH CENTER



Oakland Bay Junior High

Caleb Kinzner, Student Advocate - Hi all, we are at that point where some students are already counting down to the end of the school year. Although this seems a little premature, we are already a month out from the start of the last trimester. Students have essays, projects, and other large assignments to finish the end of this trimester, so please keep up on their school work at home. I will be sending some students home with lists of their missing assignments and how to make them up. Overall, I am still very proud of the students this year and anticipate a strong end to the 2nd trimester.

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

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.

Students have had all of the high schools come talk to them this month, including counselors from Shelton High School, Choice, and Cedar. They are being told about the options they have and how each school operates.

If your student is going to Shelton High School, they will be given a course sheet, so please sign them when completed.

There are also some field trips to the high schools coming up for the science classes or clubs.

Girls volleyball has just started practicing, so make sure that all online forms are signed so they can practice.



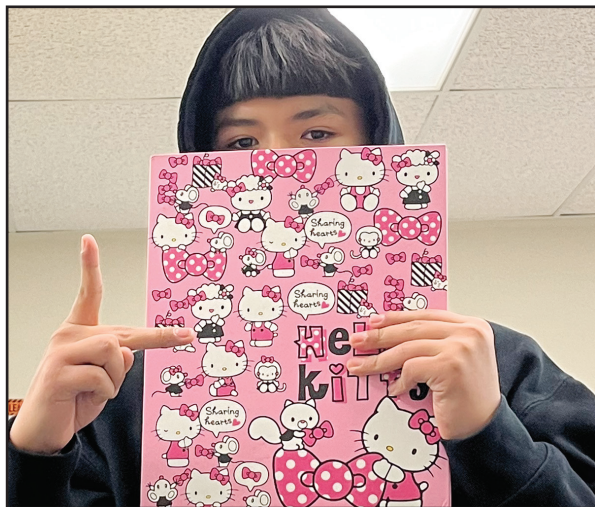
Student of the month! The student of the month is Apisai Moliga. He has been a fantastic student and is maintaining a passing grade in all of his classes. Api's teachers have been raving about his performance and attitude in class recently, and I thought it would be great to recognize him. I have the utmost confidence that he will finish out this trimester on a high note and carry it into the last trimester.



Apisai Moliga - Student of the Month



Tae'lor Glass, Youth basketball coach - Our Squaxin basketball team partnered with the Skokomish youth basketball team for a tournament in Nisqually February 14-16! The teams played two games and had so much fun!



Alex Edwards with new binder





Shelton High School

Isabelle LeClair, Student Advocate - A very snowy hello from SHS! February was a short, but rather eventful month between late starts and snow days at school!

During the beginning of the month, we had two very fun assemblies where the staff played against the students. We had our very own Janelle Krise playing against our teachers and we had Mr. Zach Johns playing in the band during both games!

The same day as our assemblies, we had a snow day at school! It was a very beautiful, snowy day. I'm glad I got to share that experience with our students that snowy February day!

As March begins, I want to remind my students the end of the trimester is near! March 17th is the start of the new trimester, which means we have new schedules and routines. Let's finish the trimester strong and remember we have homework help available after school up at the education center!

After school tutoring is also provided on campus Mondays, Tuesdays and Thursdays!

Math and science is in the A building, room A257; social studies is in the Library; and ELA is in room 415.

Each day has a focus, BUT any subject is welcomed on any of the three days of tutoring on campus!



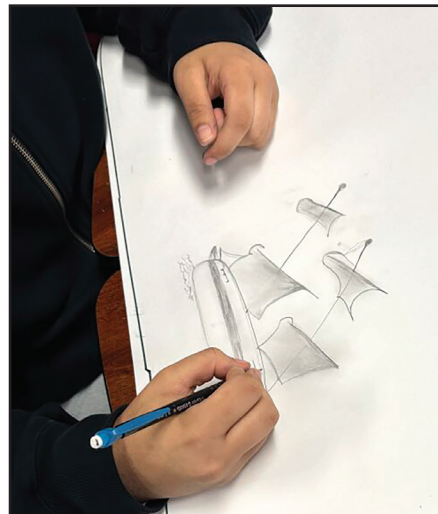
Zach J. drumming @ the staff vs. students game



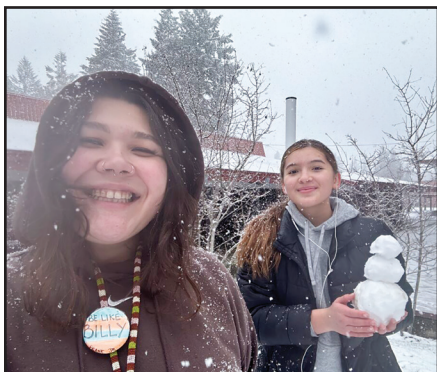
Mr. Cofield & I at the staff vs. students game



Janelle in Native Ed!



Jean-Marie's beautiful drawing



Janelle & I during our snow day!



Cedar and Janelle during our snowy day



Janelle in our staff vs. teens game



After School Program in February

Kasia Seymour - February was filled with Valentines sweets and snow!

In February we had cultural activities on Mondays and the youth created letters or leather bracelets. They turned out super awesome.

On Tuesday, February 4th, the youth got to have strawberry and ice cream floats. The youth loved them and the drinks turned out pretty tasty too!

Monday, February 10th - Friday February 14th was conference week for Griffin School District and the after school program was open 12:30 - 6:00 p.m. for them. They got to create a cool STEM project, balloon helicopters. It was super fun watching them blowing them up and launching them off from the playground! We also had fun playing on the playground, shooting hoops in the gym, and creating fun crafts, like ironing beads and paper airplanes! What a fun filled week.

On Friday, February 14th, we held a youth Valentines party in the rec room for the youth with activity stations for the kids. We had face painting, a mini heart cake decorating station, and yummy Italian sodas. It was a blast watching the youth have a fun time decorating their mini heart cakes, making their bracelets, getting their faces painted, and enjoying their Italian sodas.

Thanks to Jaimie, Jeremiah, and Evelyn who jumped in and painted some cool unicorns, spider men, and venom on their faces!

Monday, February 17th and Tuesday, February 18th was mid-winter break for Griffin and Shelton schools. The after school program was open from 8:30 a.m. - 3:00 p.m. We had STEM activities, cultural activities, and swimming. We also played Capture the Flag and did a balloon rocket race in the hallway. The youth had a great time playing and having fun with their friends.

On Friday, February 21st, the youth did an awesome teams STEM challenge to see which team could build the tallest balloon tower. This activity was so fun to watch as the youth worked together. Seeing their expressions when they achieved this was great! Way to go guys.

We will be having swimming for all after school youth weekly from 4:00-5:00 p.m. on Thursdays, so please make sure to have your youth bring their own swimsuit and towel. We now have a limited number of towels and swimsuits to borrow 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!



Tayla, Jaimie painting Kacen's face, and Sara painting Barney's face



Catori and cupcake



Avaiah enjoying her Italian soda and mini heart cake



Eliza and her cupcakes



Nanaleah and her cupcake



Eliza and Ariaah enjoying their Italian sodas and cakes



Breezy Evelyn Sara and Barney



YOUTH CENTER



Jeremiah painting Ava's face



Hazel decorating her cake



Armanhi and her cute cake



Lillie, Hazel, Eliza, Nana, Finn, and Rose

Higher Education

Mandy Valley, Higher Education Coordinator - Higher Education students, *If you are planning to attend spring quarter 2025, all paperwork is due no later than Monday, March 17th.*

Remember to send in your final grades for winter quarter, new class schedule for spring quarter, and your completed Memorandum of Commitment for the new quarter.

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

I hope everyone had a very successful quarter.

If you are planning on attending summer session, you will need to request funding no later than May 28th.

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

(360)432-3882

mvalley@squaxin.us



March 2025

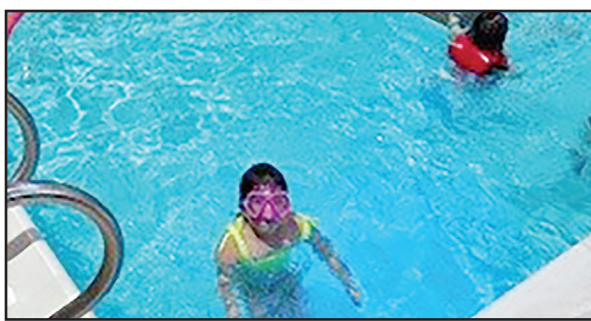
Kasia: 360-432-3801 | Kenna: 360-432-3895 | Sara: 360-432-3992 | Tanalee: 360-432-3919 | Rec Room: 360-432-3986

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|---|---|--|--|--|---|
| <i>Armanhi and her cute cake</i> After-School 3-6pm Read Across America Day Reading your Favorite Book! 3 | <i>Lillie, Hazel, Eliza, Nana, Finn, and Rose</i> After-School 3-6pm Cooking Making Dr Seuss Treats 4 | After School 2:30-6pm Traditional Medicine How to Identify Dandelion GSD Early Release @ 2:30 5 | After-School 3-6pm After School Swimming 4:00-5:30pm DIY Rain sticks 6 | Tribe is Closed Billy Frank Jr Day 7 | |
| After-School 3-6pm Cultural: Weaving Cedar Headband 10 | After-School 3-6pm Cooking Leprechaun Bait 11 | After-School 2:30-6pm Traditional Medicine Dandelion Lattes SSD 1.5 Hour Early Release GSD Early Release @ 2:30 12 | After-School 3-6pm After School Swimming 4:00-5:30pm Rock Painting 13 | After-School 12:30-6pm STEM: Creating your own Spectroscope SSD 3 Hour Early Release 14 | |
| After-School 3-6pm Shamrock Shakes 17 | After-School 3-6pm Cooking Rainbow Krispies 18 | After-School 2:30-6pm Traditional Medicine Creating Dandelion Art GSD Early Release@2:30 19 | After-School 3-6pm After School Swimming 4:00-5:30pm 3-way Animal Agamograph Art 20 | After-School 3-6pm STEM: Leprechaun Toothpaste 21 | |
| After-School 3-6pm Cultural: Weaving: Cedar Headband 24 | After-School 3-6pm Cooking Pancake Muffins 25 | After-School 2:30-6pm Traditional Medicine Dandelion Drop Biscuits SSD 1.5 Hour Early Release GSD Early Release 2:30 26 | After-School 3-6pm After School Swimming 4:00-5:30pm Recycled Paper Pottery Art 27 | After-School 3-6pm STEM: DIY Musical Instruments 28 | |
| After-School 9-4pm Cultural Cedar Bracelets, Arts and Crafts, Capture the Flag, and Playground. SSD 3 Hour Early Release Conference Week GSD Spring Break 31 | Key: SSD – Shelton School District Early Release GSD – Griffin School District Early Release | | After-School Mealtimes: Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm | Early Release Activity Time: 3:00-4:00 Activity Time: 5:00-5:45pm | Swimming: Thursdays 4:00-5:30pm |

The calendar and its activities are subject to change at any time.



YOUTH CENTER



Nana

Evi in pool

Eliza

| 2025 | | March | | Pool Calendar | | |
|---|--|--|--|--|--|--------------------------------|
| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| POOL OFFICE: 360-432-3873 | | FRONT DESK: 360-432-3852 (CALL FOR RECORDING OF DAILY SCHEDULE) | | | | |
| KEY: LS: LAP SWIM EA: ELDERS AEROBICS OS: OPEN SWIM | | SYP: SKOK YOUTH PROGRAM ASP: AFTER SCHOOL PROGRAM | | | | |
| | | | | | | 1 LS/OS: 8:30 AM - 5:30 PM |
| 2 LS/OS: 8:30 AM - 5:30 PM | 3 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM | 4 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 | 5 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 4:00 PM ASP: 4:00 PM - 5:30 PM | 6 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 | 7 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM | 8 LS/OS: 8:30 AM - 5:30 PM |
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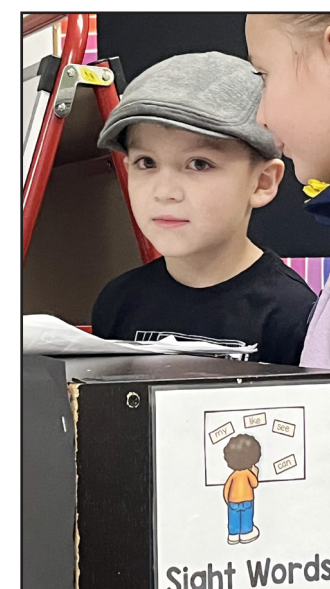
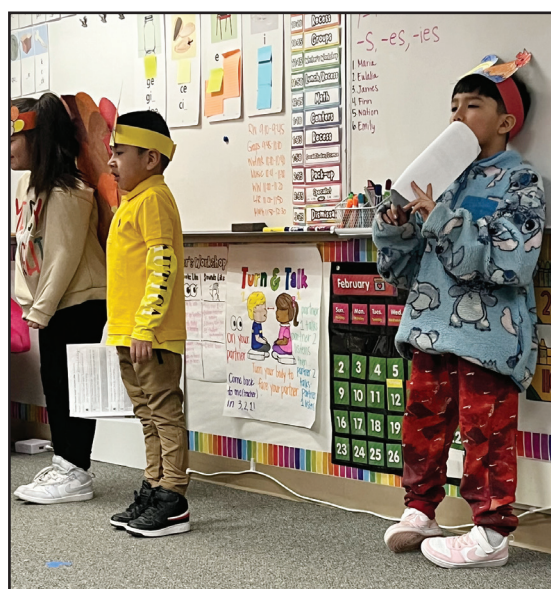
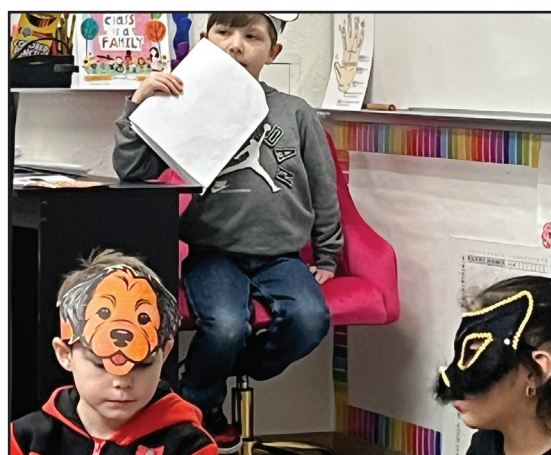
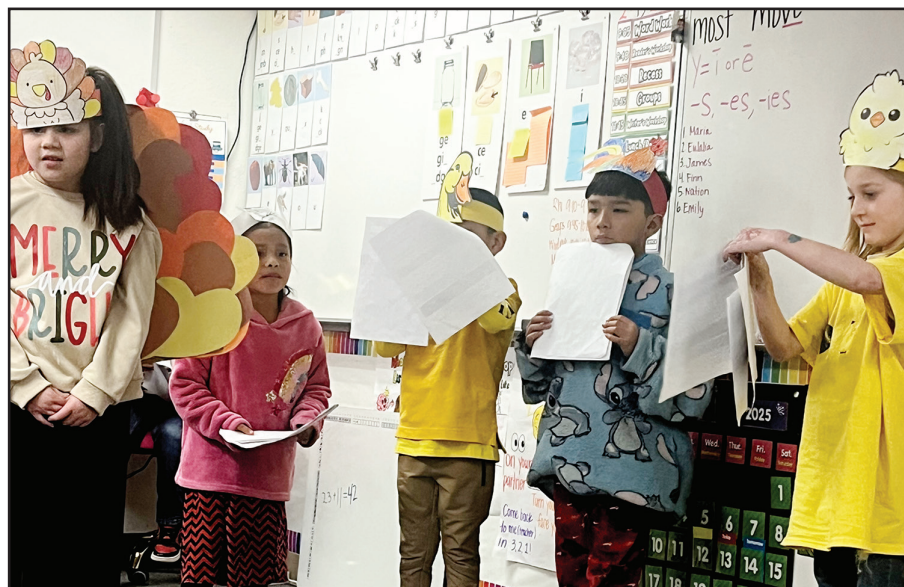
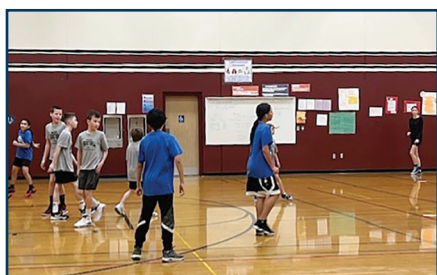
SCHEDULE IS SUBJECT TO CHANGE FOR EMPLOYEE/COMMUNITY EVENTS



City Basketball

Ivy Hawks, Milah Hawks, Marvin Henry, Jr.

Photos by Deanna Hawks



Bordeaux 1st Grade Play
Blaze Snyder, Totten Dorland, Nation Krise
and James Trinidad

Photos by Deanna Hawks



Squaxin Island Tax Site

BASIC RETURNS

February 4, 2025 -
April 8, 2025



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

WHAT YOU NEED:

- Proof of identification (photo ID)
- Social Security cards for you, your spouse and dependents
- Bank account and routing numbers for direct deposit of your refund
- A copy of last year's federal return, if available
- Identity Protection Pin (IP Pin) if you have one
- Wage and earning statements (W-2, 1099's)
- Other income documents
- Documentation for any expenses you may claim
- Form 1095-A, Health Insurance Marketplace Statement
- Anything that says **IMPORTANT TAX DOCUMENT**



Sponsored by Squaxin Island Tribe—Office of Housing

Attention

Housing Waiting List Applicants Due March 31st, 2025

This is a reminder that it is time to update your housing application.

If you are on the Squaxin Island tribal housing waiting list, the application update will be mailed to the last known address that the OOH has on file for you.

If you have recently moved or have a change of mailing address, please call:
Kristin Penn, Housing Occupancy Specialist
(360) 432-3863

If you do not update your application by March 31st, 2025, your name will be removed from the housing waiting list.

Squaxin Transit

(360) 280-7612 | (360) 480-1402 | (360) 432-3951

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

Your Dog's Guilty Look May Come From Wolves

By Amy Sinatra Ayres, USA Today - When your pooch bows his head low and looks at you with big sad eyes after he's done something wrong, he may be using a complex survival tactic evolved from wolves, writes Nathan H. Lents, a molecular biologist with the City University of New York, in Psychology Today.



Young wolves use the "apology bow" as they begin social integration into a pack. If the young wolf bites too hard, for example, he might be spurned by the pack. He will then use the apology bow to get back in the pack's good graces.

"Dogs have inherited this behavior, and they will use it after any kind of infraction that results in being punished," Lents wrote.

"As social animals, they crave harmonious integration in the group and neglect or isolation is painful for them."

- From Gus,
the Doggie Guy



Squaxin Elders

Elders Sewing Class Tuesdays at 12:30 p.m.

We are making quilts for foster kids, and you can learn how to quilt to make your loved ones something to always remember you by. Everyone is welcome at no cost. Made with LOVE.





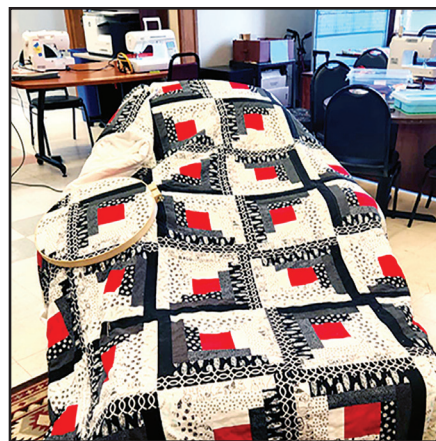
My name is Kira coley

I'm excited to step into my new role as the Elders Coordinator! I have always loved working with the community, and I'm grateful for the opportunity to support and learn from our elders. Their wisdom and experiences are invaluable, and I look forward to building strong connections and creating meaningful programs that honor and uplift them.

Alongside this role, I'm also in college, studying to become a Master Esthetician. Education has always been important to me, and I enjoy balancing my studies with the work I will be doing in our community.

My hours are from 9 AM to 1 PM, and during that time, I am committed to making a positive impact.

I also love teaching my kids about our culture and where they come from, ensuring that our traditions and knowledge continue to be passed down. At the same time, I love learning from our community and deepening my understanding of our shared history. I'm looking forward to this new journey and can't wait to connect with everyone!





CHILD DEVELOPMENT CENTER



Busy Toddlers

The little toddlers have been as busy as a st'əq-áx^w (beaver) this month! We started with habitats in the sensory bin and talking about where beavers live and how they get into their homes. The kids got to splatter paint using our homemade beaver tails and then we built our own dam. The kids added sticks as Teacher Heidi glued them down being sure to leave a space in the middle for the beavers to get in.

After some learning inside, we traveled outdoors to see the trees that the beavers have chewed down right in our own backyard! On the trail walk, we explored so much, finding and gathering some Licorice Root Fern.

Many children were NOT interested in trying it; some were weary of what we were tasting; and some enjoyed gnawing on it!

Did you know Licorice Root has great anti-inflammatory effects?!





SAVE THE DATE!

**SQUAXIN ISLAND TRIBE IS HOSTING A
COLORECTAL CANCER AWARENESS EVENT**

WHEN: MARCH 25, 2025

TIME: 4PM-6PM

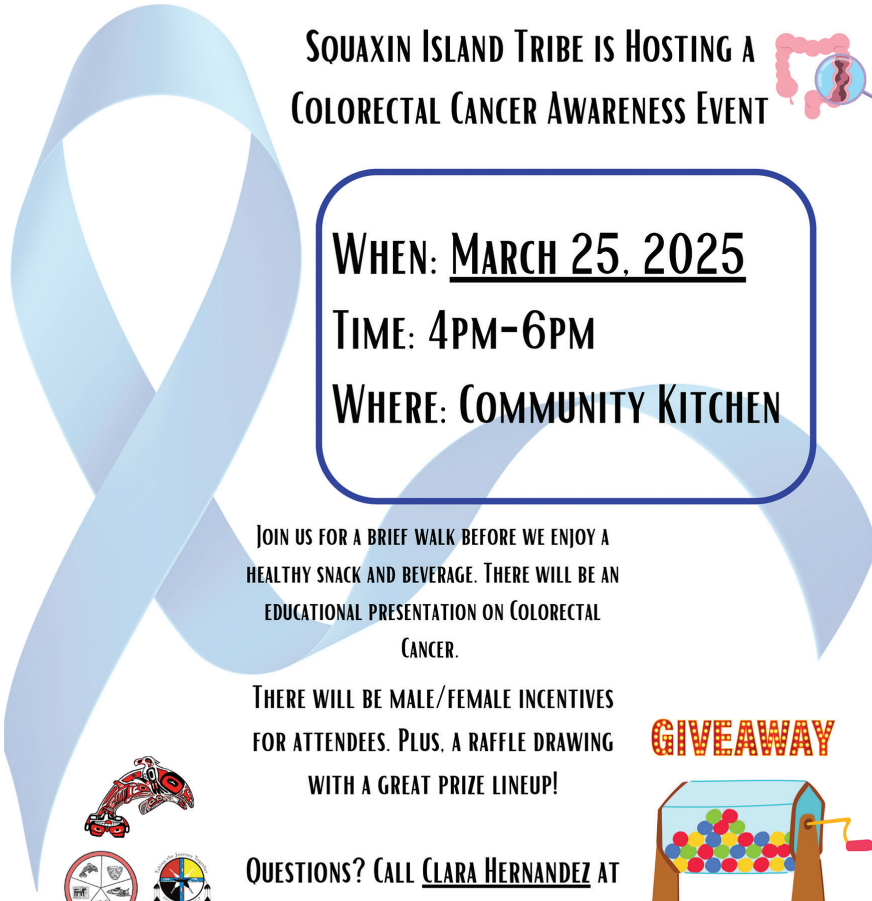
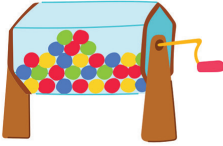


WHERE: COMMUNITY KITCHEN

JOIN US FOR A BRIEF WALK BEFORE WE ENJOY A HEALTHY SNACK AND BEVERAGE. THERE WILL BE AN EDUCATIONAL PRESENTATION ON COLORECTAL CANCER.

THERE WILL BE MALE/FEMALE INCENTIVES FOR ATTENDEES. PLUS, A RAFFLE DRAWING WITH A GREAT PRIZE LINEUP!

GIVEAWAY

QUESTIONS? CALL CLARA HERNANDEZ AT
360-427-9006

Dental Health for Babies

Congratulations on your new addition! As your baby starts teething, taking care of those little chompers is going to be very important. Teething usually occurs around six months of age, but every child is different. It is also important to take care of baby's mouth even before teeth show up.

Childhood tooth decay is the most common chronic infectious disease. Decay will usually begin as white, chalky areas along the gum line and then breakthrough to brown or black areas of decay. If left untreated, the teeth will begin to break. This can cause pain and difficulty eating and talking for the child. The most common cause of childhood tooth decay is putting baby to bed with a bottle or allowing them to drink from a bottle or sippy cup throughout the day that is filled with milk or any liquid containing sugars. Eating too much sugary and sticky foods is a huge contributing factor to tooth decay.

Being diligent and establishing a regular home care routine can help prevent cavities.

Some tips to help prevent childhood tooth decay are:

- **Practice good oral care from the start! 0-36 months:** Gently use a cloth to clean baby's gums. Once teeth appear, use a soft baby toothbrush with a grain-of-rice sized smear of fluoride toothpaste to gently brush teeth. Do this morning and night each day. Increase time to two minutes each time after baby turns 12 months old.
- **Never put baby to bed with a bottle or use a bottle/sippy cup as a pacifier.** If absolutely necessary, fill only with water. At 12-15 months, teach baby to drink from a regular cup.
- **Serve juice at meals or not at all.** Diluting with 50% water is best. Also limit the amount of sticky or sugary foods given to baby. Damaging sugars are in foods such as cookies, crackers, chips, fruit snacks, etc.
- **Make an appointment for baby's first dental visit just before age one.** If you have any concerns though, do not hesitate to make an earlier visit. Call the Squaxin Island Dental Clinic at (360)432-3881

Source: <https://www.healthychildren.org/English/ages-stages/baby/teething-tooth-care/Pages/How-to-Prevent-Tooth-Decay-in-Your-Baby.aspx>

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

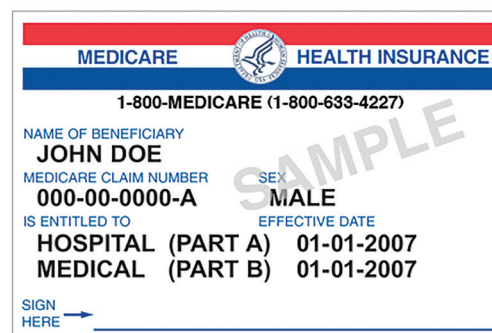


Are you 65 years+ with Medicare insurance? Do you have Medicare Part D?

If not ...

Reach out to:

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





Are Smartphones and Social Media Pure Magic or Pure Evil for Children and Teens?

By Dr. Fergie - If I were an evil genius and wanted to disrupt the lives of generations of children and adolescents, I would create a device that constantly demands their attention using every sinister psychological trick in the books. If too big, like a television, desktop computer, or even a laptop, the device will not be “evil” enough. The device must be small, small enough to fit inside a child’s or teen’s palm, small enough to slip the device into their backpacks, even their pants or shirt pockets, so they can take it with them everywhere. Above all else, my evil device needs a 24/7 Internet connection to nudge them online for as long as possible to rack up as many ad dollars as one could to breathe life into it – TikTok Ing their real world.

As an evil tech overlord, I will make them swipe down, and add a brief delay to build anticipation before the messages and photos appear, mimicking the thrilling pull of a slot machine's lever. Bar...Bar...Bar...Jackpot! By ingeniously disguising ads and banners as posts from friends, they will be impossible to ignore. And repetition is my evil best friend; theirs or their parents’ wallet’s worst enemy. If they comment on a post about basketball, poof! Ads for high-tops and their favorite team’s merch miraculously appear out of nowhere. Share a cutesy puppy video. Poof! How about a cutesy sweater for Fido? I bet the child probably did not even know they needed an ugly Christmas sweater for their pooch, the way my evil algorithmic minions do! Mention headache in a status update. Poof! An aspirin ad suddenly appears like magic! “Like” a post about sleeping in last period. Poof! An energy drink ad flashes like a seizure-triggering neon sign on Las Vegas Strip. The best part? Every child will think my evil platform – insidiously shoehorning a firehose of ads into their growing brains – is free! Little do they know, their attention is pure gold – better yet, platinum – to a digital overlord! That little device, attached to children and teens like an extra limb or nearly indestructible pimple, will follow them everywhere – during meals (on or under the dinner table), on the school bus, in class (hidden in a notebook), in places of worship, in car rides, at concerts, at powwows, in the woods, in a canoe, inside sleeping bags under the stars, on the soccer field, by the pool, on the beach, at the mall, inside the bathroom, and even into their bedrooms; bathing their young tired eyes in blue light, pumping the brakes on melatonin production in their brains. Melatonin, incidentally, is necessary for sleep, and sleep is critical for everyone, especially for developing brains. Sleep repairs damaged brain cells, plays a pivotal role in remembering things like math formulas and grammar and wisdom passed on by our elders, flushes out toxins, among many other important functions too numerous to mention. My evil device interferes with all of these!

My evil device blows attention apart, causing developing brains to rewire to have ever-shorter attention spans. Sooner than anyone would like to admit, many children and teens will no longer be able to focus on “boring” teachers, textbooks, homework, or beadwork, among many other screen-free tasks requiring sustained focus, not least delayed gratification. Painting and carving and learning how to Fancy Dance in sacred ceremonies are slow and meticulous – the payoffs are enormous, but much delayed – unlike eye-grabbing, flashy online content that shifts constantly like a squirrel hijacking a birdfeeder. Poof! Now you see Earl the Squirrel, now you don’t!

Dopamine is a “feel good” hormone. Every ping, “Like,” meme, shared Bitmoji, etc., instantly squirts this little feel-good hormone in a child’s brain, making the device more addictive than ever, like Sour Patch Kids on an empty stomach.

My evil device will also torpedo attention through constant barrages of push notifications, making their devices vibrate or ping continuously. Even with-

out vibrating, the anticipation of a notification, the fear of missing out is so distracting that ignoring it feels impossible. Adding autoplay features and short videos will also provide a relentless stream of enticing content (bathing them in so much dopamine it will exhaust the reward circuits in their brains!). The euphemism billionaire tech bros use is, “engagement,” which seems almost nice – not purely evil at all!

To my evil device, I will add a forward-facing camera so children and teens can take selfies for other people – friends, family, even strangers (including AI companions and Internet trolls) – to comment on their looks. I will flood their algorithms with Photoshopped images of Instagram and YouTube influencers to sell them more stuff and set impossible beauty standards through AI-generated models and Deep Fakes. What could possibly go wrong?

Why not add a “Like” button too? Because of how easy it is to click “Like” or “Unlike” on social media, people can instantly judge each other’s appearance on a whim, even in their most bitter moods, and the resulting tally of “Likes” will force sensitive preteens to join virtual popularity contests, whether they like it or not (no pun intended). “Likes” also allow evil geniuses like me to monitor what content is most addictive, to push laser-focused ads and keep them online way longer than anyone wants – oops – I meant to say most “engaging,” not “addictive.” Silly me! Even evil geniuses can have an off day.

I can see it all plainly. By my evil design, the youth of today will become trapped in an evil vortex of social comparison, constantly monitoring their peer status (even in class and in the middle of the night), desperately scanning their ever-scrolling feeds for peer acceptance and rejection messages, and subjecting them to a constant barrage of idealized Photoshopped images of peers on their roulette screens; ads streaming down like torrential fall rain moments before a flashflood.

Smartphones Fragment Attention and Rob Us of Precious Time

In all seriousness I, of course, am talking about smartphones and social media – a marriage made in heaven (or hell, depending on your perspective). No doubt, smartphones and social media help Gen Zers and the rest of us connect with others, but is it all good?

It is fair to say that social media has become an obsession for today’s teens (Gen Zers; less so on those of us who grew up using flip phones, with slightly different brain wiring). Maturation of the brain area that governs impulse control and reward processing — located just behind the forehead — is not fully developed until between the ages of 25 and 30. Its underdevelopment in youth makes digital technologies irresistible.

A recent Gallup survey (2023) showed that over half of teenagers spend 4 or more hours (4.8 hours on average) each day on social media. Girls spend about an hour more on social media than boys. Older teenage girls (17-year-olds) use social media the most compared to all users. This does not include other screen time activities like playing video games, watching movies, and the like. If they spend so much time on social media, scrolling thousands of times daily, what else might they be doing? Homework? Reading a book? Getting exercise? Meeting with a friend in person? Walking Fido in his tiny ugly Christmas sweater? Sleeping the required 9 or 10 hours a teenage brain desperately needs?

Because they are connected online 24/7, teenagers are bombarded with more than 237 notifications every day on their smartphones, as shown in a recent study. A quarter of all notifications occur while school is in session, with

Continued on Page 24



Are Smartphones and Social Media Pure Magic or Pure Evil for Children and Teens? *Continued from page 23*

most teens admitting to using their phones, on average, at least once every 43 minutes during class time. Some students even admitted to using their phones for over six hours a day at school. Where does English and Language Arts, Social Studies, Science, Math, and Art fit in? There is no doubt their attention was elsewhere, at least part of the time. Even when not on their phones, they likely still think about checking them, lest they miss a status update or private message from the cute classmate on their phone in the hallway.

Social Media and Mental Health

Spending time cultivating real-life relationships significantly improves our sense of well-being. The sense of social belonging and purpose fostered by social media is superficial and cannot replace authentic human connection. Those who use social media as a substitute for social life feel worse compared to their peers who are more socially active in the real-world.

A survey of 40,000 children and young people revealed that those who use screens for over seven hours daily are twice as likely to be diagnosed with depression or anxiety compared to those with less screen time. Studies further indicate that heavy social media use may exacerbate feelings of sadness and diminish self-confidence in individuals already experiencing low self-esteem.

The obvious criticism of this is that children and teens who are anxious and depressed use social media more. Perhaps, that is the case for some. However, longitudinal studies that followed healthy youth over many months revealed that the more they used social media, the more likely some of them would develop mental health challenges.

Social Media Can Lead to Body Image Issues (Especially with Girls)

Seventy percent of 1,500 teenagers and young adults surveyed said Instagram worsened their body image. In a survey targeting young adults aged 20, about half reported feeling less attractive because of social media. This is also true of teenagers. In a recent study, it was revealed that nearly 50 percent of participants between the ages of 12 and 16 reported feelings of body dissatisfaction after engaging with social media platforms, highlighting a concerning trend among young people. Moreover, studies suggest that girls' self-esteem is more significantly impacted than boys'.

In a shocking revelation from 2021, leaked internal documents published in the Wall Street Journal, showed Facebook's researchers had alarmingly warned upper management that their platform made "body image issues worse for one in three teen girls." Facebook researchers with exclusive data access found a connection between suicidal thoughts in British teenagers and Instagram (owned by Facebook), with 13% of those reporting such thoughts citing the platform as playing a contributing role. Like so many tech billionaires, Facebook executives not only disregarded these warnings, but actively suppressed them from public knowledge.

Concluding Remarks

Are smartphones and social media pure magic or pure evil for children and teens? Probably, a little of both. Passive users who only view others' photos, comparing themselves to others, tend to fare worse than more active users.

Most active users, in contrast, not only post pictures but also communicate with others directly. Active users often report perceived benefit from social media use. But even active users might have too much of a good thing (that

becomes a bad thing, when smartphone use starts to interfere with vital things in their lives). Active users also report harms too, like being cyberbullied, trolled, or doxed (publishing private information on the Internet with malicious intent). Perhaps, they, too, might benefit from setting their devices down and exploring what the non-digitized world has to offer.

(I) A Framework for Healthier Childhoods for the Digital Age (Dr. Jonathan Haidt)

(1) Students should not have smart phones until high school: Parents should hold off on giving their children 24/7 Internet access until at least ninth grade, providing only basic phones without Internet browsers until then.

(2) Children under 16 should avoid using social media: Let kids get through the most vulnerable period of brain development before exposing them to the harsh realities of social comparison and algorithmically chosen social media influencers and bots.

(3) Phone-free schools: Smartphones, smartwatches, and other communication devices should be stored in phone lockers or pouches throughout the school day for all students from elementary to high school. This is the only way to allow them to fully concentrate on each other and their educators.

(4) Unsupervised play and childhood independence: These are key to developing social skills, building confidence, and raising self-reliant young adults.

If parents and schools work together, these four reforms will be easy to implement, and they cost next to nothing. Teachers will be on board because they will not have to argue with their students over their screens!

(II) General Tips for Surviving the Digital Age – This Applies to Adults Too! (Dr. Anders Hansen)

(1) Log your phone cell use: Smartphones can track how much time you spend on them. You will be shown precisely how much time your phone is robbing you from your day. Change begins with awareness.

(2) Get yourself an alarm clock and a wristwatch: Avoid unnecessary phone use. The writer loves the Pomodoro Gravity Timer Clock Cube! It vibrates, so it is less distracting for others.

(3) Turn off your phone for an hour or two a day: To avoid receiving angry messages, please let important contacts know that you will be taking a couple of hours off from using your phone each day.

(4) Turn off all push notifications.

(5) Set your phone to black and white: A monochrome screen is less addictive because it triggers less dopamine release in the brain. To turn your iPhone to black and white: (a) Open settings; (b) Tap accessibility; (c) Tap display and text size; (d) Tap color filters; (e) Toggle color filters on; (f) Select grayscale. Poof!



Smartphones and Social Media Continued from page 24

Your phone is less interesting! Like magic! Sorry, Elon and Zuckerberg!

AT BEDTIME

(6) **Power down all electronics, including your phone, at least an hour before sleep.**

(7) **For better sleep, leave your phone out of the bedroom.** Buy an alarm clock to wake up in the morning.

(8) **If you must keep your phone in the bedroom, silence it or turn off the ringer.**

WHEN SOCIALIZING

(9) **Keep your phone silenced and at a distance when spending time with friends.** Make a conscious effort to give your undivided attention to whoever you are spending time with, and as a result you will both have more fun!

(10) **It is contagious to pick up your phone:** Putting down your phone might encourage others to do the same, allowing your group to reconnect and fully engage with each other instead of their devices. It is hard to resist peer pressure (and interpersonal shaming) when you are the only one on your phone!

(III) Social Media Detox

A break from the relentless dopamine rush of social media helps the brain reset its reward pathways. No single social media detox works for everyone. Switching to a "dumb phone" (a.k.a. flip phone) or cutting social media in half are choices some people make.

To rewire the brain's reward pathways, neuroscientists suggest a social media fast of at least four weeks. Yikes! But even shorter breaks have proven effective for improving mental health. In one study, for example, just a three-day social media break improved self-esteem and reduced body shaming in girls aged 10-19.

If you are trying to cut back on social media use - whether a complete break or just less time online - expect the first few days to be the toughest. Expect cravings and anxiety - these are typical withdrawal symptoms as your brain adjusts to lower dopamine levels (talk to someone who has quit smoking).

While these feelings are initially unpleasant, pushing through them helps to reset your brain's reward system, thus breaking the cycle of craving and problematic use. Although it may seem impossible right now, eventually those cravings will stop. I promise!

Just as teamwork makes working out more doable, enlisting social media detox buddies can ease the challenges of getting over the initial hurdles of social media detox. The most significant benefit is the reduced sense of loneliness that comes from connecting with and sharing experiences, not least the challenges of kicking a nasty habit.

PREBIOTIC



PROBIOTIC



Probiotics and Gut Health

Probiotics and Gut Health are currently a 'hot topic', but what are Probiotics? And how do they work?

Many health topics can seem intimidating, but you only need to understand a few key concepts to start making better, healthier choices. If you have a health-related question, send it to the KCM and the clinic's staff will answer it in future issues.

Within our intestines is a complex world comprised of about 100 trillion good and bad bacteria, fungi, and even viruses known as the gut microbiome. Researchers believe there may be as many as 500 different bacterial strains in the gut but only a handful have been researched enough to understand how they contribute to our health. Two essential elements play vital roles in maintaining a healthy gut microbiome: Probiotics and Prebiotics.

Probiotics are live, beneficial bacteria that support a healthy gut. They can be found in fermented foods like yogurt, kimchi, sauerkraut and pickles, or supplements. When choosing a probiotic supplement, look for one that specifies Colony Forming Unit [CFU] versus "active cultures" or "live cultures" and supplies a minimum dose of 1 billion CFU/dose. Good probiotic supplements contain multiple strains of probiotics; since each strain provides different health benefits, the more strains, the more benefits you will experience.

If you try a supplement, you should take it for 3-6 months; this gives the new bacterial strains time to settle in and start the healing process.

Prebiotics are non-digestible fibers that travel through the digestive tract to reach the microbes in the gut, they are a food source for probiotics. Prebiotics such as Fructooligosaccharides (FOS), can be found in foods like garlic, onions, bananas and whole grains. Fiber-rich plant foods are Prebiotics; the recommended minimum daily intake of fiber for adults is 25 grams.

Science has recently unraveled the mystery behind how specific strains of gut microbes work to support healthy weight, digestive health, menopause, anxiety and mood, energy, immune and inflammatory response, and even memory. When probiotics feed on dietary fiber, they produce Short Chain Fatty Acids [SCFAs], such as butyrate, acetate, and propionate which have many health-promoting properties.

A balanced diet is the key to getting the full benefit of Probiotics

- Start your day with a fiber-rich breakfast
- Include fermented foods like pickles or kimchi as side dishes to meals
- Snack on rich-fiber fruit like apples or pears
- Incorporate prebiotic foods like garlic, onions and legumes into your meals to nourish existing probiotics in your gut

The gut needs both prebiotics and probiotics to thrive. While both support digestive health, probiotics and prebiotics differ in their mechanisms. Probiotics deliver live bacteria, whereas Prebiotics or fiber feed these bacteria and aids digestion. Together they create a synergistic relationship that promotes gut health, supports digestion and enhances immunity.



COMMUNITY



3/1
Alyssa Mary-Ida Henry
Jennine Marie Jacob
Luke Grey Falcon Rodriguez
Sapphire Pricilla Ward

3/2
Christy Marie Peters Block
Raven Haaq Roush-Lizotte

3/3
Arnold E. Cooper
Bichsel Stephan James
Chazmin K. Peters
Clayton John Briggs
Daniel Rodney Snyder
Serena Rae Phillips
Vincent Gene Henry Jr.

3/4
Adolfo Douglas McFarlane
Mayella Frankie Jean Roberts

3/5
Cedar Michael Korndorfer
Faith Elizabeth Pughe
Jamaal Jason Byrd

3/6
Evan Taylor Cooper
Kodiak Draven-Wolf Masoner

3/7
Andrienne J. Baldwin
Cody Francis Cooper
David Josiah Seymour
Felicity Faye Torres
Massiah Angel Manu-Saenz

3/8
Belinda Gail Colberg
Kyler Bao Glover Araujo
Millie Faye McFarlane
Stella Jean Sicade

3/9
Finn Michael Dorland
Kai'in Bluemoon Tucker
Kastiel Blood-Moon Cooper
Marjorie L. Tuso
Michaela Alina Lynn Riker

3/10
Adrian Jose Julio Garcia
Billy Dave Yocash
Jay Dee Powell Jr.
Joseph Daniel Rivera
Terrah Maria Jackson

3/11
Alexandrea Rodriguez
Chenoa Reed Peterson

3/12
Abigail Mae Bell
Cindy Lee Ehler
Gene Xavier James Benson
Steven Duane Lehman Jr.

3/13
Sara Marie Naranjo-Johns

3/14
Andrew Dean Whitener
Justin Daniel Kenyon
Lois Colleen Woodard

3/15
Brandon Carl Blueback
Kaleonahe Tadios-Tahkeal
Nikki Marie Farron
Tashina M. Ackerman

3/16
Adarius Terell Coley
Rebecca Lezon-Ferreira

3/17
Anthony Dushuyay Johns
Jaimie Renee Whipple
Kenneth Michael Green
Monte Ray Morris
Rachele Dawn Roberts

3/18
Jolene Rae Peters
Thomas Blueback Jr.
Victoria Dennis-Horn
Winter Snow White

3/19
Cherry Teresa Armstrong
Micheal Alfred Bloomfield
Raymond M. Castro
Vicky Belle Engel

3/20
Joelene Elaine Tamm
Kalea Ray Krise
Lachell Marie Johns

3/21
Doyle Raymond Foster
Tayla Rose Logan

3/22
Charlene Ann Krise
Jose Francisco-Coley
Lorane Denise Gamber

3/23
Gracelynn Ward-Mcguire
Kameron Marshall Weythman
3/23 Nora Jean Coxwell
3/23 Troy Gelacio Orozco

3/24
Jaelynn Elise Moliga
Taylor Randolph Krise
Tucker Blaine Hindley

3/25
Johnathan Draven Seymour

3/26
Christina L. Henry
Elsie Jeanne Gamber
Jerad Charles Lopeman-Fry

3/27
James Jeffrey Coxwell
Lucke Robert Newell

3/28
Brittany F McFarlane
Jasmine Riley-Lynn Lorentz
Jon D. Brownfield
Kierah Lee Cooper

3/30
Benjamin Naranjo-Johns
Eric Lee Ellerbe
Felicia E. Thompson
Matthew James Pugel
Ronald Andrew Whitener

3/31
Christina Marie Lopeman
Kailana G Whitener
Stephen William Henry



Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us




Button Robe Workshops

The Squaxin Community Culture Program is here to help Squaxin families with educational achievement regalia

The Museum & Culture Center is offering Squaxin families workshop time, fabric, buttons, use of sewing machines, irons, large project space, and knowledge

CONGRATULATIONS CLASS OF 2025!

Weekly workshops will begin on March 4th from 3pm-6pm

Questions? Please contact Ruth Whitener 360-432-3841 rwhitener@squaxin.us





What's Happening

COLORECTAL CANCER AWARENESS EVENT

March 25

WIC

March 5

USDA

March 12

COURT

Family Court
Criminal & Civil Court

March 6
March 25



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 3:

Tuna Salad Sandwiches, Chips

TUESDAY 4:

Navy Bean Soup, Biscuits

WEDNESDAY 5:

Sausage Potato Bake, Green Beans

THURSDAY 6:

Orange Chicken, Rice, Veggies

MONDAY 10:

Chicken Pot Pie w/ Veggies

TUESDAY 11:

Tomato Basil Soup, Grilled Cheese

WEDNESDAY 12:

Chalupas

THURSDAY 13:

Meatball Subs, Chips

MONDAY 17:

Lasagna Bake

TUESDAY 18:

Seafood Soups, Buckskin Bread

WEDNESDAY 19:

Lo Mein w/ Veggies

THURSDAY 20:

Breaded Veil, Mashed Potatoes w/ Gravy, Corn

MONDAY 24:

Enchilada Casserole, Spanish Rice

TUESDAY 25:

Chicken Rice Soup, Biscuits

WEDNESDAY 26:

Sandwich Bar

THURSDAY 27:

Steak, Veggie Rice

MONDAY 31:

Salmon, Red Potatoes, Veggies





South Puget Intertribal Planning Agency

USDA Foods Program March Dates



| | |
|----------------------------|----------------|
| PT GAMBLE S'KLALLAM | 3/04/25 |
| SQUAXIN ISLAND | 3/12/25 |
| SKOKOMISH | 3/06/25 |
| NISQUALLY | 3/14/25 |
| CHEHALIS | 3/21/25 |



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.

hello SPRING



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:
Wednesday, Mar. 5, 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.

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](https://www.traumaticbraininjury.org/)



EMERGENCY

CALL 9-1-1

**FIRE
POLICE
MEDICAL
RESCUE**

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

Emergency Operations Center (EOC) Hotline

(Information only - no voicemail)

(360) 432-3947

Community EOC Hotline

(Questions and voice mail message)

(360) 443-8411

Emergency Management Coordinator

(360) 443-8410

Community Emergency Response Team (CERT)

(360) 426-5308

Squaxin Police Department

Office Hours Monday - Friday 8:00-4:00

(360) 432-3831

PUD No. 3 Outage Hotline

(360) 426-8255

Mason County Police Dispatch Non-Emergency

(360) 426-4441

Mason County Fire Non-Emergency

(360) 426-3348

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

