

## Tumwater Trading Post Blessing and Soft Opening on February 28

The Squaxin Island Tribal community gathered to celebrate the soft opening and blessing (Shaker Ministers) of the Tribe's new Tumwater Trading Post on February 28th.

The new store, located at 7000 Little Rock Road in Tumwater, offers convenience groceries and a fuel station with 16 gas pumps.

Island Enterprises, Inc. Board Members Daniel Kuntz and Aleta Poste cut the ribbon, and Tribal Council Members offered words of appreciation and thanks for Island Enterprises, Inc. CEO David Burnett and his entire staff, as well as the board.

Chairman Peters talked about how the Squaxin Island Tribe has always been involved in economics and that, historically, the Tribe was incredibly wealthy.

He also reflected on the fact that the Tribe has been a part of the Tumwater area since time immemorial, and that it continues to prove itself a good neighbor to local communities.

"Our people didn't just show up," he said. "We've been here. These are our traditional lands. We've been here for 10,000 years, and we're still here today. Historically, people would travel for thousands of miles to trade with us."

Profits from Trading Post stores go back "to support services, roads, infrastructure, education, public safety, health and wellness, child services," he said. "They go back to our people, to our culture, to continue our ways for another generation. That makes me really proud and fills my heart."

Kris also spoke about the Tribe being happy to be a part of the Tumwater community, "the people who live in these houses and apartments, who go to school here and work here, who come and visit. We're excited to be a part of this community, and we embrace them as good neighbors."

Aleta Poste, Chairwoman of the Island Enterprises Board of Directors, said that for generations, the Squaxin people have maintained deep connections to this land, relying on its resources and relationships to sustain their way of life. "This land has always been a part of us. Our ancestors gathered here between the Deschutes and Black Rivers to trade, build alliances, and care for the land that sustained us all," she said. "This store is more than a business; it is a reaffirmation of Squaxin's deep roots in this region. By supporting this store, you are supporting a people who have always understood that prosperity is not just about commerce but about caring for the place we all call home."



*Chairman Kris Peters and Shaker Church Ministers*



*Chairman Kris Peters pumps the first gas for Tribal Elder John Krise*

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





## Council Corner March 13th Meeting Opening

The meeting began with a welcome and invocation, emphasizing guidance and good decision-making for the community and future generations.

### Agenda and Minutes Approval

The agenda for the meeting was approved. Minutes from the February 27th meeting were also approved.

### Travel Reports and Plans

DNR Tribal Summit will be hosted at Little Creek Casino on June 9-10, with a traditional dinner planned.

### Public Comment and Council Discussion

No public comments were registered.

### Executive Director Report

Annual reports are being prepared.

Active shooter training for tribal staff is scheduled for April.

Potlatch budget discussed, with plans for events in July 2026 and February 2027.

### Legal Update

Three resolutions related to dis-enrollment services were presented and approved:

Resolution #25-15

Pertains to the IGRA Trust Accounts

Resolution #25-16

Pertains to the rental and conveyed homes on the reservation

Resolution #25-17

Pertains to higher education funding

Olympia property purchase amendment resolution was approved as Resolution #25-18.

Hearth Act amendment was discussed and approved, enhancing leasing authority, as Resolution #25-19.

A sovereign immunity waiver for treatment center software was approved by Resolution #25-20.

### Natural Resources Update

There was discussion on a potential land purchase in Skookum Valley. The purchase would protect the watershed and provide opportunities for conservation and recreation.

### Fireworks Update

Fireworks stand fees and logistics were discussed, with a focus on funding and cleanup deposits. A notice will be sent out seeking stand owners.

### SPIPA Board Update

A program audit for SPIPA is underway, with internal audits already conducted at other sites.

### Community Garden

The garden's accomplishments and future plans were discussed, including partnerships, grants, and educational programs.


Initiatives include traditional food gatherings, plant teachings, and interdepartmental collaboration.



## Feedback forms: [squaxinland.org](https://squaxinland.org)

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

Your valuable feedback will go directly to the director of the department and Executive Director, Erika Thale. Please take time to let us know what great ideas and concerns you have.



**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](mailto:mpuhn@squaxin.us)





## Tumwater Trading Post February 28th



*Shaker Ministers and IEI CEO David Burnett*



*Ribbon Cutting*



*Tribal Council Members Jim Peters (L) and Jeremie Walls with Greg Lehman and Joe Seymour*



*Store Manager Isaiah Coley (R)*



*Ribbon Cutting*



*Drummers/Singers: Jeremiah George, Greg Lehman, Gloria Hill, and Joe Seymour*



*Chairman Kris Peters pumping the first gas*



*IEI Board Member Aleta Poste, Chairman Kris Peters, Council Member Jim Peters, and IEI Board Member Daniel Kuntz*



*Shaker Blessing*



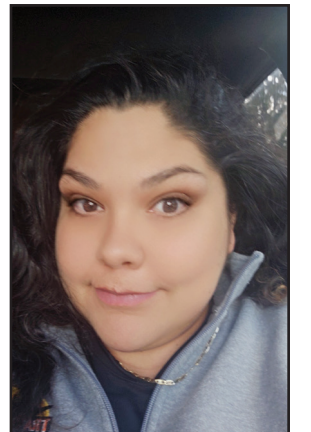
*Teresa Pfaff and Audelia Araiza*



*IEI Board Chair Aleta Poste*



*IEI Board Member Daniel Kuntz*



*Tiffany York  
Assistant Manager*



## What's Happening at the Creek

### Spring into Cash

Saturdays | 4PM–9PM | Win \$5,000 Cash

Spring into action every Saturday for your shot at a \$5,000 cash prize. Earn bonus entries throughout the week based on your tier—more play means more chances to win. Will luck bloom in your favor?

### Bloomin' Bucks Hot Seats

Fridays | 3PM–10PM | \$500 Every Half Hour

Hot seats are in full bloom. Play your favorite slots every Friday for a chance to win \$500 every 30 minutes. Keep spinning and let your winnings grow.

### Jackpot Drawing

Sunday, April 6 | Drawings at 2PM, 4PM & 6PM

Win big as we spring forward with massive jackpot prizes.

2PM – \$2,000 cash

4PM – \$4,000 cash

6PM – \$6,000 cash

If you hit a jackpot of \$1,200+ in March, you're already in.

Must be present to win.

### Forever Young (50+ Promotion)

Tuesdays | 10AM (Cookies) | 6PM & 7PM Drawings | Win \$1,000 Cash

Tuesdays are in full bloom for our 50+ guests. Enjoy delicious Crumbl cookies in the morning, and try your luck in the evening drawings for free play and \$1,000 in cash.

### Grill Boss Gift Giveaway

Sundays & Thursdays | Earn 9AM–9PM | Pickup 1PM–9PM

Get fired up for BBQ season with the Grill Boss Gift Giveaway. Earn your way to premium grilling and BBQ equipment each week. Whether you're flipping burgers or smoking brisket, these gifts will have you grilling like a pro. While supplies last.

### Swing & Win

Wednesdays | Drawings 6PM–8PM | Grand Prize at 9PM on April 30

Swing into spring with free golf lessons and the ultimate grand prize—a brand-new Titleist club set and bag, valued at up to \$4,000. Every round of golf played earns you an entry. Will you score the perfect set?

### Kings & Queens of Dice

Mondays, Sundays, Thursdays, Tuesdays | Win Your Share of \$1,250

Who's the reigning ruler of the dice? Roll your way to the top and claim your share of \$1,250 in this thrilling dice showdown. The longest roll of the month takes the crown.



### Spring Bingo Bonanza

April 11-13

Friday: Blacklight Bingo!

Doors open at 5PM | Early Bird at 8PM | Regular Session at 8:30PM

Saturday & Sunday:

Doors open at 11AM | Early Bird at 1PM | Regular Session at 1:30PM

Win up to \$1,199 or share in over \$25,000 in cash prizes. Get ready to daub your way to big winnings.

### Keno Tournament

Sunday, April 6 | Registration starts at 11AM | Tournament starts at 2PM

Compete in our Keno Tournament for a chance to take home big winnings. Get your numbers ready and test your luck in this exciting event.

## Team Member of the Month Charles Lopez

Congratulations to Chuck Lopez, our Team Member of the Month for March! Chuck's dedication, positive attitude, and commitment to excellence in the Food & Beverage department make him a standout leader. Whether it's going the extra mile to ensure guest satisfaction or stepping up to support his colleagues, Chuck consistently demonstrates what it means to be a true team player. His focus on quality, collaboration, and business success helps our team thrive, and we're grateful for the energy and motivation he brings to every shift.



Charles Lopez



## New Employees



**Sierra DeCoteau**  
**Tribal Gaming Agent**

Hi! My name is Sierra DeCoteau, and I have been hired as a Tribal Gaming Agent.

My dad taught me how to work from a young age. I recall spending much of my time on beaches and in the boat, fishing for crab, and digging for clams. My family are all fishermen, so I am very skilled in this area.

I began earning my first paycheck on my own when I was 16. I worked as a landscaper for my tribe and, from there, I began to climb the ladder until I began working for my tribes' casino in 2016. I transferred from dishwasher to cook, cook to cashier, cashier to slot attendant, and slot supervisor to surveillance observer.

I am excited to learn new skills and apply these new skills into my work.

I look forward to getting to know all of my new coworkers. I have already received a warm welcome.



**Isaac Ackerman**  
**Shellfish Technician**

Hello, my name is Isaac Ackerman and I am one of the new Shellfish Technicians at Natural Resources.

I accepted this position a few months ago and have been mostly monitoring clam digs since then.

This spring and summer I will get to experience a variety of different work within the shellfish program. This is something I look forward to as I love being out on the water and trying new things.

I am also a Squaxin Island tribal member. As an indigenous person to the Puget Sound and surrounding areas, I am passionate about our natural resources and our relationship to them. The water, the land, the plants, and animals.

I have been fortunate enough to work in many departments within the Tribe and its enterprises, but I am especially grateful to find myself working here at Natural Resources. There is always so much to learn and look forward to.

Thank you everyone for the opportunity to serve the tribe in this capacity. See you around.



**Gloria Alfonso**  
**Finance Specialist**

Hi! My name is Gloria Alfonso.

I always worked in positions that dealt with numbers. I can add numbers in my head faster than a calculator. Nothing major of course. It annoys some people while others get a kick out of it. Comes in handy.

I love numbers and cannot wait to help out. I am super excited about this opportunity and look forward to working with everyone.



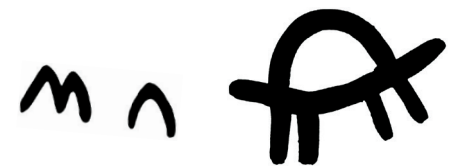
**Leo Thomas**  
**Project Engineer**

Hi! My name is Leo Thomas, and I have been hired as a Project Engineer for Planning and Community and Development.

I am a proud U.S. Army veteran with over 20 years of experience in leadership, strategic planning, and project management. Throughout my career, I have honed my ability to lead teams, drive complex initiatives, and deliver results in diverse environments.

Beyond my professional background, I am a devoted spouse and parent to five wonderful children, whose ages range from 14 to 21. Family is at the heart of everything I do, and I strive to bring the same dedication, resilience, and integrity to both my personal and professional life.

I am enthusiastic about contributing to community development projects and gaining a deeper understanding of the Tribe and its history.





## New Employees



**Sapphire Ward**  
*Center Support*

Hi! My name is Sapphire Ward, and I have big roots coming from the Quileute Tribe on my mother's side. Her name is Elizabeth Ward, and my Father is Tom BlueBack Jr. We are Squaxin Island and Ponca, but I'm enrolled to Squaxin Island.

I have been working at Elevation since 2019 and switching over to the Daycare to be closer to my baby girl, GraceLynn, who is also enrolled in the Squaxin Island Tribe. I am Looking forward to being closer to her while I am working.

I'm excited to try a new opportunity for work and to be closer to my GraceLynn.

Thank you for accepting me to the daycare. I look forward to the new path I'm taking.



**Katie Gower**  
*Treatment Attendant*

Hi! My name is Katie Gower, and I have been hired as a Treatment Attendant One at Northwest Indian Treatment Center.

I moved to the PNW in 2021 from the east coast. I love spending time in nature with my partner and my two dogs. When I'm not outdoors, I love to read, cook, and create macrame.

I am excited about collaborating with fellow co-workers and helping people achieve a better mindset.

I look forward to working with everyone in the community.



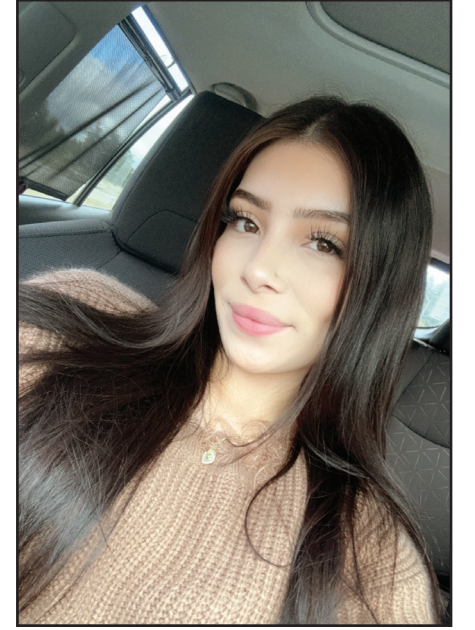
**Summer Hansford**  
*Classroom Assistant*

Hi! My name is Summer Hansford, and I have been hired as a Classroom Assistant at the CDC.

I've worked in sales positions since I was 18, so this will definitely be different.

I am most excited about being able to work with kids. They are crazy and wild.

I can't wait to start! It's going to be fun!



**Selena Lucas**  
*Dental Assistant*

Hi! My name is Selena Lucas.

I have been hired as a Dental Assistant in the Health Services Department.

I have been in the dental profession for about three years, both pediatric and general.

I am looking forward to growing my knowledge and dental background.

I am most excited to make new friends and relationships with the dental team and to take care of the community with our patient care.



**Viviana Raymundo Valentin**  
*Treatment Attendant*

Hi! My name is Vivi Raymundo Valentin, and I have been hired as a Treatment Attendant Northwest Indian Treatment Center.

My family comes from humble beginnings in Guatemala. I am proud to be a first generation American.

I grew up working at the snack shack at the Mason Youth Soccer Club, but I've worked all over Washington. My most recent job was as a Operation Specialist in Seattle, WA.

I'm grateful for being able to help people during recovery. And witness transformations on the other side.

I am beyond grateful for this opportunity! I can't wait to meet everyone! Thank you all!!!





## 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](mailto: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 Vote is Your Voice

It is very important to vote. It has only been within the last century that all Americans have had the right to vote and many Americans sacrificed a lot to gain this right. With this right, our Council will always be accountable to the people who put them in office. However, for this accountability to work, and for our community to remain strong, we must exercise our right to vote, and we must do so responsibly.

Voting responsibly is not always an easy task. The voter must first understand the issues at hand, as well as how he or she feels about these issues on a personal level. The voter must then examine each candidate that is up for election, and make an educated choice (this is the difficult part). The voter needs to know where each candidate stands on the issues at hand, and decide what issues are most important to you as a voter and base a decision on that.

Also within this, there is the human element: whether a candidate will be dedicated in serving their constituents and community, how they will handle a crisis, and if the candidate will make the right decision when new issues arise. All these factors together can make it very hard to make a decision and as a result many Americans do not vote. There are many reasons why people chose not to vote. Many times, two major candidates have similar backgrounds/ they take the same stands on issues and, as a result, it seems unimportant who is elected. In addition, a majority of young people do not vote because the issues at hand are not a problem for today.

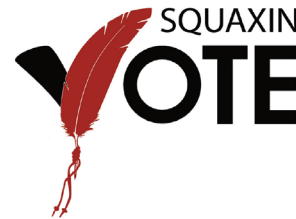
Each and every one of you are encouraged to get out and vote, think of your future and make a difference.

### 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.



## 2025 Candidates

### Announce Your Candidacy Before Election Day

Pre-register by submitting your name and email address to:  
Melissa Puhn | [mpuhn@squaxin.us](mailto:mpuhn@squaxin.us)

### Candidacy Forum dates:

**Forum #1 April 10th**  
**5:00 p.m.**  
Community Kitchen

**Forum #2 April 21st**  
**5:00 p.m.**  
Community Kitchen

*(Light dinner provided both forums)*

**Deadline for registrations:**  
Forum #1 April 8th  
Forum #2 April 18th

General Body ELECTIONS will be at the  
Little Creek Casino Event Center  
May 3, 2025





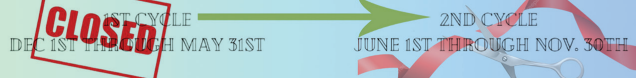
SHELLFISH HARVESTER LICENSES

THE CURRENT SHELLFISH CYCLE ENDS 05/31 & THE NEXT SHELLFISH CYCLE STARTS 06/01

To participate in the upcoming shellfish harvesting cycle harvester licenses must be paid and valid permit stickers issued. Harvesters must carry their identification at all times while engaged in harvesting activities.

Shellfish license fees:

\$50 per cycle (6months)/ \$100 for two cycles (1 year)



\*\*PLEASE CONTACT THE FRONT DESK FOR ASSISTANCE\*\*

If you do not currently possess a harvester ID or require a replacement and need to update your information. Or would like to sign up for per capita payment arrangements by visiting the front desk.



OTHER WAYS TO PAY:

Pay at the cashier's office: 10 SE Squaxin Lane, Shelton WA 98584

Pay over the phone with the Cashier's office: (360)432-3948

Check your eligibility for assistant programs with Family services: (360)432-3806



# Anniversary Lunch

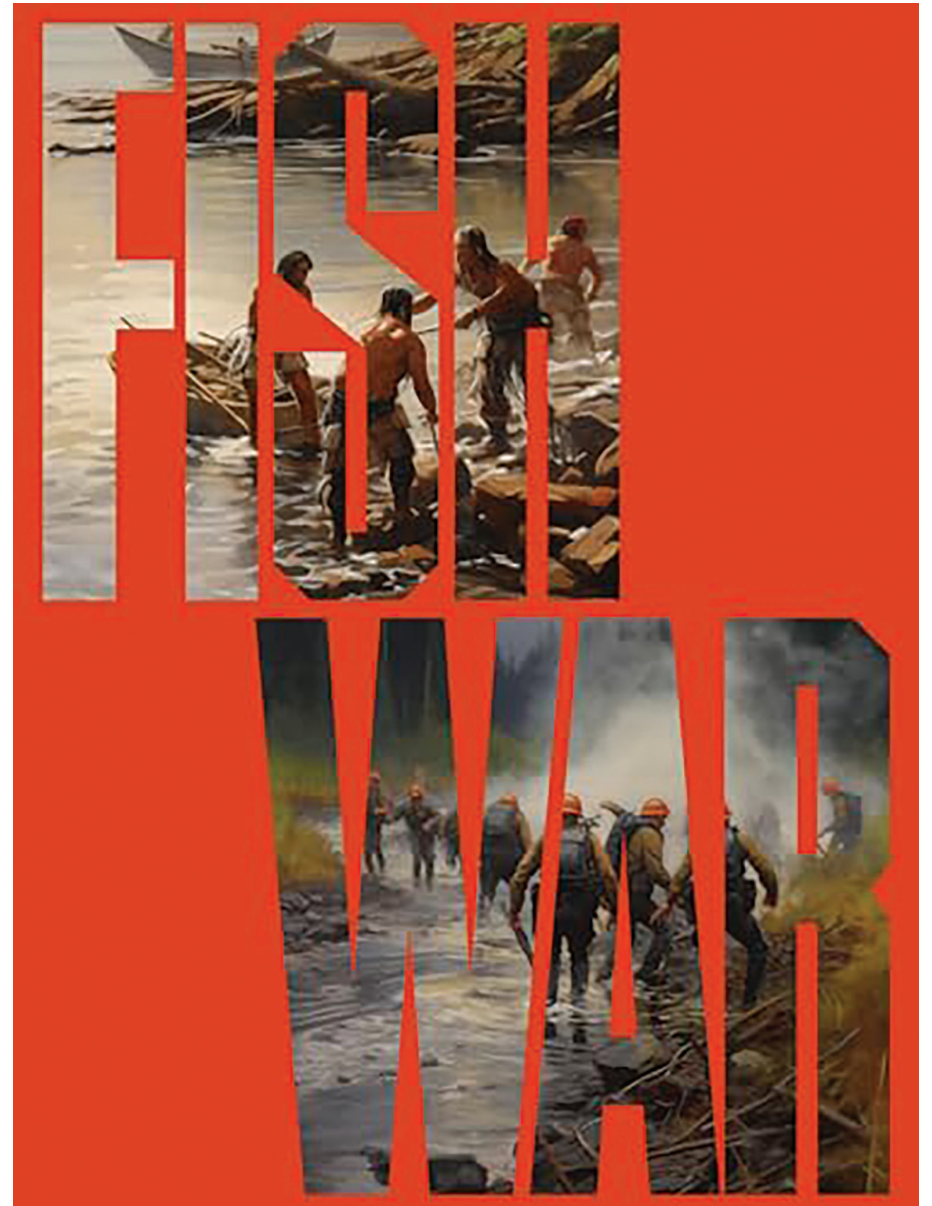


Please join us Wednesday April 2nd from 12-1 at the Tobacco Factory for lunch to celebrate our 20th Anniversary!

Food Truck Lunch Provided

Where: 1041 W State Route 108 Shelton, WA 98584 from 12-1

Questions? (360) 426-3446



## Fish War being shown at Olympia Film Society

NWIFC, Salmon Defense, and Olympia Film Society present: FISH WAR w/ post-film Q&A

**Tickets and details here:**

<https://olympiafilmsociety.org/fish-war/>

**Also the Film is Now available for pre-order!**

<https://geni.us/fishwar>





## Bordeaux

Tamika Krise - Hello beautiful people! Bordeaux bulldogs have been so very busy!

Now that we are jumping closer to summer, you can really feel the excitement of their well-deserved break around the corner.

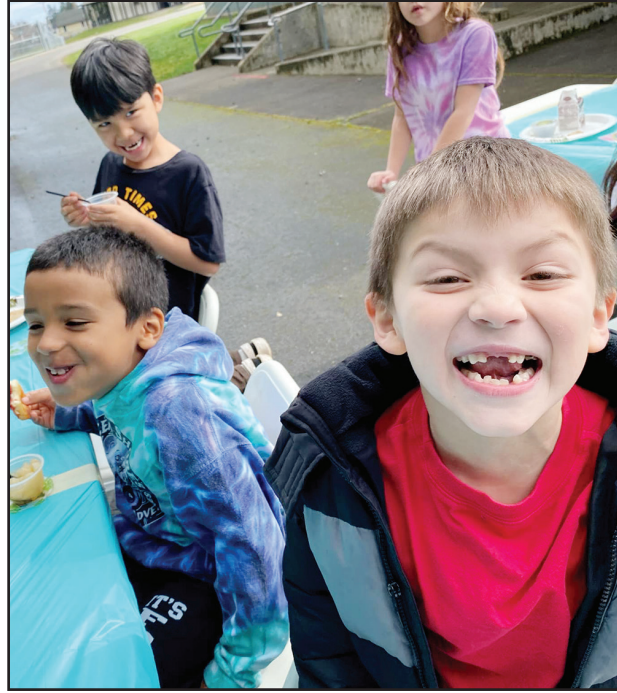
I want to hop back a little bit and talk about the amazing things they did in March. Before the pressure of conference week came and finishing all of their big class projects to show off. We were able to have a lot of fun together. They worked on culturally-based projects in the Native Ed room, and had deep conversations on the importance of BFJ day (activism, treaty rights, and all the other great things he did for us). There was a large amount of representation in the school, and it felt so great to witness.

The kids got to enjoy our annual Billy Frank, Jr. lunch. All of us advocates got together and cooked all of our Native Ed students a fry bread and chili lunch. All Native Ed students from Kindergarten and up got to sit amongst their peers and converse about Billy Frank, Jr. and all his work and how they can continue it.

Myself and Aurora Gouley (BDX Native Ed teacher) have been working with the students and the classrooms to get out a ton of Billy Frank, Jr. curriculum. To see the teachers and classes help us build this knowledge was truly awesome. Every year there is more and more being done.

Aside of doing schoolwork, our students have been making great progress with attendance and behavior. There is always room for growth, so let's keep up the good work y'all!

Enjoy these pics of our kiddos chowin' down!



*Nation, Zion, and Blaze!  
These boys seriously crack me up!*



*Ivy and Paloma!*



*Walter Hall left some chili on his face! Saving some for later*



*Joseph Henry smiling big for more fry bread*



*Lillie Dorland chowin' down with the girls*



*Eviana, Catori, and Danielle! Bread and girl time!*



*Fourth Native Ed students visiting with Julie and Jaimie!*





## Oakland Bay Junior High

Caleb Kinzner - Hi all, we have just completed the 2nd trimester, and we are now in the home stretch for this school year.

Many students had a great second trimester, and I am very proud of the students this year and what they have been able to accomplish academically.

I appreciate all of you parents/guardians who have been keeping up on your students about homework and holding them accountable at home.

I believe these students will be able to finish this last trimester strong, even though summer is coming up; school typically becomes more challenging as summer approaches, but I am very confident that we will have a strong finish.

I am available at the Youth 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.

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

Students who are doing sports this last trimester also need to have their online forms signed and an in-person physical completed. There is currently boys soccer and girls volleyball going on, and the deadline for these forms are coming up. Sports are always a great way for students to engage in school, and I will always encourage students to at least try them as long as they have time.

**Student of the month!** The student of the month this month is Emilio Hernandez, I am very proud of the extra work that he put in over this past month. Emilio didn't have the trimester that he expected, but extra time that he put in after school, and the time he spent meeting with his teachers was very admirable. I expect him to have a very strong third trimester!



*Emilio Hernandez*



*Wyatt W. In Art*



## Shelton High School

Isabelle LeClair - Over here at Shelton High School, we are gearing up for our final trimester of the school year. We have just under three months left, so let's finish off the last trimester strong and finish the school year in a good way!

Seniors: We are gearing up for the button blanket ceremony with weekly workshops in the evenings.

I will post the important dates for our seniors and their families in next month's Kla-Che-Min article.

We had a very busy end of trimester over at the high school. Last month we were able take a handful of our high school students to F.I.R.E summit at SPSCC, and it was a fun filled day! Lil Mike and Funny bone from Reservation Dogs were our guest speakers! There were three sessions with lots of options for our students. I'm glad our kids took a healthy risk and went to sessions that interested them!

The following week, in celebration of Billy Frank Jr. Day, and the last day of trimester two/ completing finals, we celebrated by having Indian tacos in Native Ed during both lunches! Our lovely dream team provided fry bread to almost all students in honor of Billy Frank, Jr. It was fun getting to see the kids outside of homework help and in their schools doing their thing.

## Higher Education

Mandy Valley - I hope everyone's spring quarter is starting off great!

If you haven't turned in your final grades from winter quarter please turn them in ASAP!

Also, if you are graduating this spring, please let me know so I can get you added to the 2025 sg<sup>w</sup>ig<sup>w</sup>i program. The deadline to turn in paperwork for sg<sup>w</sup>ig<sup>w</sup>i is June 6th.

If you have any questions, please feel free to contact me or stop by the Youth Center between the hours of 7:30 - 4:00 p.m.

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



Scan this QR code for the graduates form.



# YOUTH CENTER



## Olympic Middle School

Kiana Wily - Another month down, and just a couple months to go! February started off with some snowy late start days. Students and staff alike were happy about the late starts on those icy mornings. Though it did throw off our plans to go to the Pacific Northwest Ballet and see the indige-fied and re-imagined Sleeping Beauty. We did still get a visit from Andrea Sigo though! It was the first time this school year we've been able to pull all our kiddos and have a full Native Ed gathering. Andrea came to share with us her first person knowledge of how this play came to be! The kids got to enjoy conversation and questions with Andrea! Ms. Hall and Ms. Chappell worked hard to get us the resources for this trip and, though we couldn't make it to Seattle for the whole performance due to weather, Mrs. Hall showed an in-depth presentation on it.

The Squaxin education team came through on March 12th and provided the middle schoolers with a fry bread lunch to celebrate Bill Frank, Jr Day. We started at the elementary and ended the week at the high school. OMS students also decorated salmon in Art and Music class to hang for a display.

We are 2/3 of the way through the school year! It's the home stretch towards the end of the year, so let's get all those incomplete assignments tuned in and all our loose ends tied up so we can start summer in a good way!

We hope everyone's conferences go well, and you all enjoy your spring break!



*Coach with Satayla and Milah*



*Autum and Leilani at the social*



*Lahaila in her OMS basketball uniform before an away game*



*Daniel enjoying fry bread for BFJ Day*



*Kiddos enjoying a visit from Ms Tamika*



*Coach Taelor stopping by to check up on the kids at school*



*Andrea Sigo visiting the OMS Native Ed students*



*OMS Native Ed group*



# YOUTH CENTER



SQUAXIN TU HA BUTS YOUTH CENTER

## REMINDER

### GRIFFIN

## SPRING BREAK

&

### SHELTON SCHOOLS

### 3 HR. EARLY RELEASE

### CONFERENCE WEEK

MARCH 31-APRIL 4, 2025  
AFTER SCHOOL PROGRAM HOURS: 9AM-4PM

CONTACT INFO  
360-432-3986  
KASIA SEYMOUR KSEYMOUR@SQUAXIN.US  
KENNA KRISE KKRISE@SQUAXIN.US  
SARA NARANJO-JOHN S NARANJO@SQUAXIN.US  
TANALEE MENDOZA TMENDOZA@SQUAXIN.US



## APRIL 2025 POOL CALENDAR

Sun	Mon	Tue	Wed	Thu	Fri	Sat	Notes
		1 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	2 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	3 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	4 LS/OS: 8:30 AM - 5:30 PM	5 LS/OS: 8:30 AM - 5:30 PM	<p><b>KEY:</b> LS: LAP SWIM EA: ELDERS AEROBICS OS: OPEN SWIM SYP: SKOK YOUTH PROGRAM ASP: AFTER SCHOOL PROGRAM</p> <p><b>FRONT DESK:</b> 360-432-3852 (CALL FOR RECORDING OF DAILY SCHEDULE)</p> <p><b>POOL OFFICE:</b> 360-432-3873</p>
6 LS/OS: 8:30 AM - 5:30 PM	7 LS/OS: 8:30 AM - 5:30 PM	8 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	9 LS/OS: 8:30 AM - 5:30 PM	10 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	11 LS/OS: 8:30 AM - 5:30 PM	12 CLOSED FROM 8:30 AM - 12:00 PM FOR EASTER EGG HUNT LS/OS: 12:00 PM - 5:30 PM	
13 LS/OS: 8:30 AM - 5:30 PM	14 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	15 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 3:00 PM <b>COMMUNITY POOL PARTY</b> 4:00 PM - 5:30 PM	16 LS/OS: 8:30 AM - 1:00 PM SYP: 1:00 PM - 3:00 PM LS/OS: 3:00 PM - 4:00 PM ASP: 4:00 PM - 5:30 PM	17 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	18 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	19 LS/OS: 8:30 AM - 5:30 PM	
20 CLOSED FOR HOLIDAY! <i>Happy Easter</i>	21 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	22 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	23 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	24 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	25 CLOSED FOR SPLASH CITY BASKETBALL TOURNAMENT!	26 CLOSED FOR SPLASH CITY BASKETBALL TOURNAMENT!	
27 CLOSED FOR SPLASH CITY BASKETBALL TOURNAMENT!	28 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	29 LS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS: 12:00 PM - 2:00 PM OS: 2:00 PM - 5:30 PM	30 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				

\*EVENTS ARE SUBJECT TO CHANGE AT ANY TIME DUE TO COMMUNITY/STAFF/YOUTH EVENTS\*



# YOUTH CENTER



## After School Program

Mondays in March we did cultural activities in the Rec Room with the youth based on weaving projects.

We did some practice weaving projects with paper and then moved onto cedar by the end of the month.

On Tuesday, March 4th, the youth had a great day playing on the playground and swimming in the wellness pool with their friends.

On Wednesday, March 5th, the youth got to go outside and look around for some dandelions. They weren't growing quite yet, so we ended up just playing Capture the Flag in the field, and they had a great time.

On Tuesday, March 11th, the youth got to make their very own rain sticks and, with some trial and error, they turned out great! This was our first time making them in the program and they did wonderful. We incorporated DIY musical instruments into the program.

On Wednesday, March 12th, the youth did a cool cooking project creating 'Leprechaun Bait' and it was filled with marshmallows, fruity cereal, and sprinkles!

On Thursday, March 13th, the youth had a great time getting to paint their very own rocks. They were so creative and made some cool paintings!

On Wednesday, March 19th, the youth got to create some dandelion art. We took some photos of dandelions, and the youth got to use them as inspirations for their very own art. They got to choose the type of art they wanted to create the dandelions. Some painted, some colored, and others did tear paper art. It all turned out great!

**Swimming Update:** Swimming for all after school youth will now be Mondays, Wednesdays, and Fridays from 4:00 - 5:00 p.m. Make sure to have your youth bring their own swimsuit and towel. We have a limited number of towels and swimsuits to borrow.

Stay tuned for the upcoming after school calendar, weekly schedule and the Summer Recreation registration, 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!



Mavrik pouring the Fruity Pebbles and Nation holding the bowl



## April 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	After School Program:9-4pm Free choice, Playground, Fun Snack Activity: Spring Rice Krispies <b>GSD Spring Break</b> <b>SSD 3 Hour Early Release conferences</b>	After School Program:9-4pm 2 Traditional Medicine Activity: Dandelion, gym play, games and playground. <b>GSD Spring Break</b> <b>SSD 3 Hour Early Release conferences</b>	After School Program:9-4pm 3 DIY Activity, Ironing Beads, Tpeeksin Park and Outdoor Play <b>GSD Spring Break</b> <b>SSD 3 Hour Early Release conferences</b>	After School Program:9-4pm 4 Painting Clay Sculptures, STEM Newtons Cradle, Playground, and games. <b>GSD Spring Break</b> <b>SSD 3 Hour Early Release conferences</b>	
After School Program:9-4pm 7 Cultural Activity: Beaded Bracelets, Gym Play & Playground. <b>SSD Spring Break</b>	After School Program:9-4pm 8 Free choice, Playground, Fun Snack Activity: Spring Rice Krispies <b>SSD Spring Break</b>	After School Program:9-4pm 9 Traditional Medicine Activity: Dandelion, gym play, games and playground. <b>SSD Spring Break</b> <b>GSD Early Release at 2:30</b>	After School Program:9-4pm 10 DIY Activity: Popsicle Stick Birdfeeders, Ironing Beads, Tpeeksin Park and Outdoor Play <b>SSD Spring Break</b>	After School Program:9-4pm 11 Painting Clay Sculptures, STEM: Popsicle Stick Bridge, Playground, and games. <b>SSD Spring Break</b>	12 <b>Youth Easter Egg Hunt</b> at Tu Ha Buts Youth Center <b>10:00-11:00am</b>
After School Program:3-6pm 14 Cultural Activity: Loom Beading	After School Program:3-6pm 15 Nutritional Cooking: Oatmeal Energy Bars	After School Program: 2:30-6pm 16 Traditional Medicine: Dandelion Activity <b>GSD Early Release at 2:30</b>	After School Program:3-6pm 17 DIY Activity: Spring Suncatchers	After School Program:3-6pm 18 STEM: Catapult Challenge	
After School Program:3-6pm 21 Cultural Activity: Loom Beading	After School Program:3-6pm 22 Nutritional Cooking: Smoothie Bowls	After School Program: 2:30-6pm 23 Traditional Medicine: Dandelion Identification Craft <b>GSD Early Release at 2:30</b> <b>SSD 3 Hour Early Release</b>	After School Program:3-6pm 24 DIY Activity: Recycled Plastic Butterflies	After School Program:3-6pm 25 <b>Movie Night</b> 4:30-6:00pm	
After School Program:3-6pm 28 Cultural Activity: Loom Beading	After School Program:3-6pm 29 Nutritional Cooking: Homemade Fresh Fruit Salad	After School Program: 2:30-6pm 30 Traditional Medicine: Harvesting Dandelions <b>GSD Early Release at 2:30</b>			
<b>Key:</b> <b>SSD – Shelton School District</b> <b>GSD – Griffin School District</b>	<b>After-School Mealtimes:</b> <b>Early Snack: 3:00pm-3:45pm</b> <b>Late Snack: 4:00pm-4:45pm</b>	<b>Activity Time:</b> <b>5:00-5:45pm</b> <b>Swimming: Thursdays: 4-5pm</b>			

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



# YOUTH CENTER



*Nation, Madison, and Mavrik working together to make the Rice Krispy Treats*



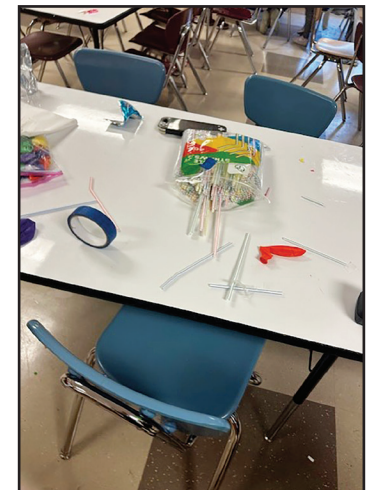
*Eliza, Ziya, Armanhi, Avaiah, and Lily racing STEM rocket balloons*



*Ziya racing her rocket balloon*



*Ziya Eliza Armanhi, Lily, and Avaiah blowing up their STEM rocket balloons*



**SQUAXIN ISLAND  
TU HA' BUTS YOUTH CENTER**

**PLEASE JOIN US FOR AN  
EASTER EGG HUNT**

**SATURDAY APRIL 12TH, 2025  
10AM-11AM**

LIGHT SNACK WILL BE PROVIDED  
EGG HUNTS FOR AGES:

0-4 @ SQUAXIN GYM 10:15AM  
5-7 @ BASEBALL FIELD 10:25AM  
8-10 @ GYM PARK 10:35AM  
11 & 12 @ TPEKSIN PARK 10:45AM

IF YOU HAVE ANY QUESTIONS CONTACT:  
KASIA 360-432-3801  
SARA 360-432-3992



*Leprechaun Bait cooking activity*



*Eliza, Lily, Kacen, and Mavrik*





**SQUAXIN BASKETBALL  
15U  
2024-2025**



**SQUAXIN BASKETBALL  
12U TEAM  
2024-2025**

## Squaxin Teens

Keesha Vigil - As the seasons change, Indigenous communities across Turtle Island welcome the renewal that comes with spring. For the Squaxin Island people, this time of year is filled with teachings about renewal, growth, and preparing for the abundance of the warmer months.

In the Lushootseed language, the phrase “ʔəskʷəy čəl” (uh-skw-eye chuth) means “Good day to you” or can be used as a general greeting. This expression reflects the deep cultural value of connection—to the land, to each other, and to the changing seasons.

Spring is a time when many Coast Salish families and canoe families begin preparing for the journey ahead, both physically and spiritually. It’s a season of gathering, cleansing, and honoring the land’s gifts. Whether it’s harvesting the first plants of the season, sewing regalia for upcoming gatherings, or teaching youth traditional knowledge, this time is sacred.

In May the teens attended a jam session in Suquamish focused on teen dating violence awareness. The teens participated in observing and dancing while at this jam. After leaving this jam, the teens were very inspired. They want to step up and dive into forming a teen canoe/drum/singing/ dance group. The youth never fail to warm my heart!

We also had the opportunity to collaborate with the clinic to hold a sexually transmitted infections and diseases awareness event. A huge thank you goes to Patrick from the clinic for being an amazing presenter and educating our teens on this topic.

### Save the dates:

May 9th - Teens are hosting a jam session in collaboration with the garden!



# 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.

## Need a Tribal ID?



### Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us



## FOSTER CARE/KINSHIP APPRECIATION DINNER

MAY 22, 2025  
5 PM  
SQUAXIN ISLAND  
COMMUNITY KITCHEN

Please join us for the Foster Care Appreciation Dinner. There will be dinner, crafts, as well as some raffle items. This event is for previous and current ICW placements. For any questions please contact

Shaelynn Clark 360-490-7269 or sclark@squaxin.us



## Graduating in 2025?

Do you know someone who is graduating high school, has received their GED, completed their AA, BA, MA Degree, or has received a certificate for a vocational/technical program?

The Squaxin Island Tribal Council, Education Commission and the Tu Ha' Buts Youth Center would like to recognize and celebrate these individuals at the . . .

## 28th Annual Sg<sup>wi</sup>ig<sup>wi</sup>

Tuesday, June 17th, 2025  
5:00 p.m. at the Squaxin Ball Field

To be recognized, please fill out the graduate recognition form by:

4:00 p.m. on Friday, June 6th, 2025

Go to the following link or scan the QR code:

[https://squaxin.formstack.com/forms/2025\\_graduates](https://squaxin.formstack.com/forms/2025_graduates)

### Questions?

Mandy Valley  
(360) 432-3882  
mvalley@squaxin.us  
Fax: (360) 426-7897



~ 70 SE Squaxin Lane, Shelton, WA 98584 ~





## Let's Talk About Electric Vehicles

The Squaxin Island Tribe, in cooperation with Washington State University, is hosting an electric vehicle expo in time to celebrate Earth Day. Everyone is welcome. Come any time. Bring the kids! Light refreshments will be available.

**Place:** Squaxin Island Gym, Tu Ha' Buts Youth Center  
**Date:** Thursday, April 24, 2025  
**Time:** 6:00 to 8:00 p.m.



*The electric Ford Mustang Mach-e was on display during last year's Community Resilience Fair*

### What do you know about EVs?

We want to hear from you. Ask us anything about EVs and we'll work with you to get answers.

- Find out where to buy new and used EVs, and which rebates and incentives may be available.
- Discuss all the questions you may have about EVs, such as how far they can go on a single charge and how they do in cold weather.
- Learn about where you can charge EVs—the possibilities are endless! You can charge at work, the mall, the Tumwater Trading Post, and at home, to name just a few popular charging locations.
- At 6:30 p.m., a short program called "EV Math" will address how the total cost of owning an EV is less than owning a gas- or diesel-powered vehicle.

### Lift the hoods and kick the tires of EVs

From 5:00 to 6:00 p.m., in the gym's eastern parking lot, check out several EV models that will be on site, including the Natural Resources Department's new 2024 Ford Blazer.

### EVs are part of the plan to protect the environment

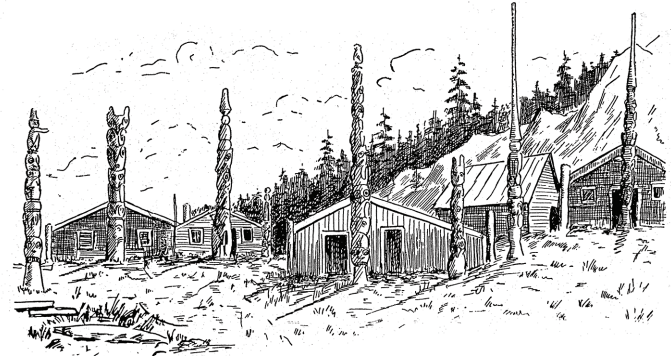
Learn more about how your Natural Resources Department is working to protect clean air and clean water - now and for the future - by reducing fossil fuel emissions and runoff.



### Discuss what Native youth are doing

We will share what we have heard from Native Youth Action in Alaska, a strong movement since 2020 and involved in a number of very active social and environmental justice activities. Hear how adopting EVs can move the needle and be a part of the climate discussion for coastal resilience and cleaner water for shellfish and salmon for the Tribe.

*Ions Consulting and Gradient Exergy are leading the preparation of materials for this event.*



## 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



## Spay and Neuter Myths and Facts

**Myth:** *It's healthier for my female to have a litter before I spay her.*

**Fact:** There is no medical evidence to substantiate any benefits to allowing a dog or cat to have a litter before spaying. In Fact, spaying female dogs and cats before their first heat is much easier on your pet. Smaller pets have less body fat, meaning less tissue trauma and less bleeding. Smaller pets need less anesthesia, meaning they will wake faster and, in most cases, are able to go home the same day. By spaying as early as possible you are being a responsible pet owner by not adding to the homeless pet population.

**Myth:** *My pet's behavior will change drastically.*

**Fact:** The only behavior changes you will see will be positive! Spaying and neutering your pet will eliminate hormonally influenced behaviors. Your female will avoid going into heat, meaning you won't have to deal with constant yowling, crying and nervous pacing. Your male pet will have decreased aggression and urges to mount furniture, other pets, or people, as well as a decreased desire to roam. Since your pet's number one priority will no longer be looking for a mate, they will have increased concentration and a longer attention span, making them a better companion. Your pets will also be cleaner since they will be spending less time looking for a mate and more time grooming.

**Myth:** *My dog won't protect me if I neuter him.*

**Fact:** A dog's personality is based mainly on his genetics and home life. His willingness to protect comes from being part of the family "pack." If anything, neutering your dog will make him less interested in roaming to look for a mate, thus focusing his energy on pleasing you.

**Myth:** *My pet will get fat, lazy, and less attractive.*

**Fact:** Pets become fat and lazy most often because they are overfed and under-exercised. If your pet puts on weight, it has nothing to do with the surgery. Cut calories and add in some playtime to keep your pet fit. Keep in mind your pet may still be in the process of growing, especially if you take advantage of an early spay neuter procedure.

**Myth:** *My pet will mourn the loss of his/her ability to reproduce.*

**Fact:** Neither dogs nor cats reproduce to experience motherhood or fatherhood, but purely to protect the survival of their species. Your pet has no understanding or emotional attachment to parenting.

**Myth:** *My dog/cat is an indoor-only pet so I don't need to spay/neuter.*

**Fact:** This is a common mistake. People only think of the reproductive ramifications of not fixing their pets. In addition to protecting your pet from pregnancy/impregnating should they escape your home, you are offering them a myriad of health and behavioral benefits as well including eliminating the risk of some cancers and decreasing the urge to roam for a mate.

**Myth:** *Animals cannot be fixed until they are six months old.*

**Fact:** Spay/neuter procedures can be performed as early as eight weeks of age. Recovery is prompt, especially for smaller pets; less body fat means less anesthesia, bleeding and tissue trauma. In most cases, your pet can come home the same day.

If you cannot afford to have your pet spayed or neutered and you are a Squaxin Tribal member, call HOUSING at (360) 432-3953. If funds are available. RARE / REZ ANIMAL RESOURCES & EDUCATION may be able to assist you with the procedure.



## Squaxin Transit

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



## 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



IRS Certified Volunteers Providing  
**FREE TAX PREPARATION**

Sponsored by Squaxin Island Tribe—Office of Housing



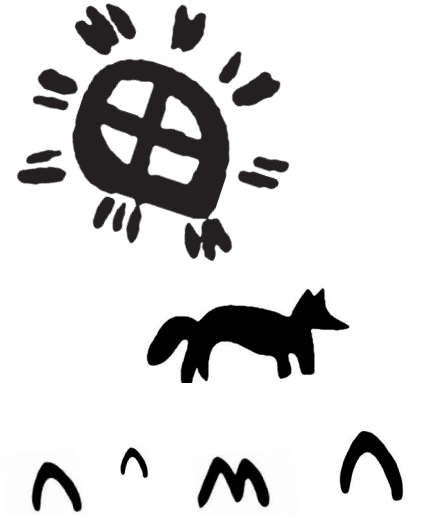
## Squaxin Island Dental Clinic Brings Smiles to SICDC



On Friday, February 28th, the Squaxin Island Dental Clinic paid a special visit to our center, providing essential dental checkups to 21 children. The young learners had their teeth examined and learned about the importance of oral health in a fun and engaging way.

A highlight of the visit was the tasty watermelon-flavored fluoride treatment, which many of the children happily tried. To celebrate their bravery and cooperation, each child received a special gift bag filled with a toothbrush, toothpaste, and a dinosaur-themed dental coloring book in Lushootseed—turning dental care into an exciting adventure!

We are incredibly proud of all the children at Squaxin Island Child Development Center for their enthusiasm and participation. A big thank you to the Squaxin Island Dental Clinic for their dedication to keeping our little smiles healthy and bright!





# CHILD DEVELOPMENT CENTER



## STEM Night with Timberland Regional Library

On February 21, 2025, the Squaxin Island Child Development Center (SICDC) hosted an exciting STEM Night in collaboration with Timberland Regional Library.

The gathering welcomed seven families from Squaxin Island Child Development Center for an evening filled with hands-on learning, problem-solving, and interactive exploration of Science, Technology, Engineering, and Math (STEM).

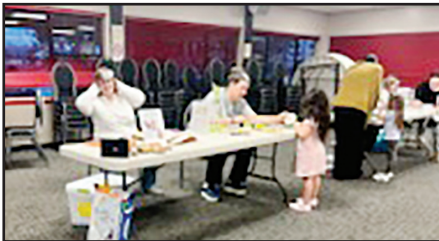
The event featured a variety of engaging activities designed to spark curiosity and creativity among children and their families. One of the highlights of the night was the opportunity to interact with robotic toys, including Cubelets, Dash Robots, and Coder-a-Pillars. These hands-on tools introduced children to basic coding concepts, critical thinking, and problem-solving skills in a fun and engaging way.

Families also had the chance to work together on three Fairy Tale Problem-Solving Kits, which encouraged them to think like engineers by solving challenges inspired by classic fairy tales. In addition, participants explored Rigamajig Spinning Tops, which provided a hands-on experience with motion and design, and a kit about the human body that introduced fundamental biological concepts in an interactive format.

STEM Night was a fantastic opportunity for families to explore new learning experiences together, fostering a love of discovery and innovation. The collaboration between SICDC and Timberland Regional Library helped bring these valuable resources to the community, promoting early STEM education in a way that was both educational and enjoyable.

As SICDC continues to support holistic child development, events like STEM Night play a crucial role in building foundational skills that will benefit children throughout their educational journeys.

The evening was a great success, and the center looks forward to hosting more interactive learning opportunities in the future.





## 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.

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 Units [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, take it for 3-6 months; this gives the new bacterial strains time to settle in and start the healing process.

Prebiotics, which are non-digestible fibers that travel through the digestive tract to reach the microbes in the gut, 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 [prebiotics] 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. Prebiotics and Probiotics create a synergistic relationship that promotes gut health, supports digestion and enhances immunity.

*If you have a health-related question, send it to the KCM and the clinic's staff will answer it in future issues.*



## 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



## SQUAXIN ISLAND TRIBE

### TOBACCO CESSATION EVENT

APRIL 29, 2025  
4 PM - 6 PM  
COMMUNITY KITCHEN

BE THE HERO OF YOUR OWN STORY BY DECIDING TO QUIT SMOKING AND COME GET YOUR QUIT KIT!

A TOBACCO TREATMENT SPECIALIST FROM FRED HUTCH CANCER CENTER WILL JOIN US IN AN INTERACTIVE DISCUSSION AND BE AVAILABLE TO ANSWER ANY QUESTIONS YOU MAY HAVE ABOUT YOUR TOBACCO CESSATION JOURNEY

THIS EVENT WILL PROVIDE FOOD & REFRESHMENTS

PLEASE CONTACT CYNTHIA BECK @ 360.427.9006 FOR ANY QUESTIONS



## The Downsides Of Outsourcing Your Brain's Navigational System

By Dr. Fergie - Make a fist with your left hand and hold it sideways with your thumb facing you. The side of your fist resembles the right side of your brain. Your thumb is a crude representation of what brain scientists call the temporal horn (because it resembles a horn). Buried deep inside the temporal horn is the hippocampus. If you rotate the actual hippocampus (not your thumb) so the beefier side faces up, with the "tail" facing down, it is the spitting image of a seahorse; which is how this brain region got its name. The name hippocampus comes from the Greek word "hippokampos" - "hippo" means horse and "kampos" means sea monster or sea animal.

The brain's internal map is found in the back half of the hippocampus, a crucial area for spatial memory and navigation. The internal or cognitive map is accessed each time you navigate inside your house or the outside world, and it takes place entirely outside your conscious awareness, like blood pressure or digestion. Furthermore, just visualizing a place is enough to fire up your brain's internal map. For example, your brain automatically accesses its cognitive map when you try to remember where you set down your keys.

Many animals' ability to navigate countless miles back to their nests or burrows suggests an internal mapping system. Similarly, countless species of birds and mammals, including but not limited to western scrub jays, foxes, wildcats, moles, and squirrels, share the ability to remember exact locations where they have stashed away food for later. Writer witnessed this extraordinary feat firsthand. From a deck at a restaurant, he watched a crow cleverly pretend to hide food under leaves. Its performance truly deserved an Oscar for no sooner had the trickster flown off, then another hapless crow swooped down from a tree to investigate, rooting about the newly disturbed leaves. Elsewhere, but still in writer's field of vision, the trickster retrieved its cache and off it went in the opposite direction. Like human brains, the trickster's brain unconsciously formed a mental representation of the decoy spot and the actual location of its secret stash. Meanwhile, the hungry victim of trickster's clever ruse continued to search aimlessly. Hopefully, the victim's cognitive map got updated to reflect that this patch of leaves was a dead end!

One might think that increased demands on spatial memory would naturally require a larger hippocampus to support this cognitive function; and this is indeed the case. Animals that cache food like our crow friend exhibit larger hippocampal volume in their posterior (back half) regions compared to those who do not.

Not surprisingly, humans also possess remarkable navigational skills, powered by this same brain region. Navigation and spatial awareness are baked into our DNA, unchanged over the last 50,000 years. For our hunter-gatherer ancestors, remembering routes, landmarks, terrain, locations, and place names were vital for survival. Our ancestors would not have lived long had they not been able to quickly remember the location of the best places to pick blackberries or harvest shellfish, where to find freshwater, or where they were likely to encounter dangerous animals like bears and saber-toothed cats.

Considering that food-caching animals have larger hippocampi (the plural form of hippocampus), it would be reasonable to conclude that humans that rely more on their brain's navigational system do too. This theory was put to the test by researchers from University College London. They used MRI scans to track brain changes in 79 trainee taxi drivers. London's famous black cabs, also known as "hackney carriages," are familiar to anyone who has visited the city. They are everywhere (so be sure to look right!). To obtain a black cabbie license, drivers must memorize an impressive 25,000 streets and important landmarks. The sheer number of possible street combinations truly boggles the mind! In characteristic understated British fashion, this mammoth amount of spatial information is

simply called "The Knowledge." Trainees typically spend 3 to 4 years navigating the city's bustling streets on mopeds, memorizing countless roads, tourist hot spots, and popular attractions to master "The Knowledge" and pass that beast of an exam.

At the outset of this study, trainees' brains were no different compared to 31 controls (healthy, similarly aged volunteers who were not in training). The researchers, however, discovered that after passing the exam, successful trainees showed considerably more brain volume in the back part of their hippocampi! This study has been replicated multiple times, so these findings were probably not a fluke.

Cheese Gets Better with Age, Hippocampi Do Not!

Starting around middle age, hippocampal volume sadly shrinks, decreasing about 1.18% yearly for those of us over 50. It should not come as a surprise, then, that spatial skills also significantly decrease at around middle age. Past middle age, the hippocampus, unfortunately, shrinks at an accelerated rate.

### Cognitive Reserve in Aging

The concept of cognitive reserve explains why some people are more susceptible than others to age-related brain changes and damage caused by devastating diseases like Alzheimer's. Alzheimer's disease is a progressive and debilitating brain disorder that slowly affects memory, language abilities, problem-solving, and behavior over time. Studies of animal models of Alzheimer's disease demonstrate that impairment of navigation-related brain areas is one of the earliest signs of illness (e.g., getting lost in familiar environments). Healthy older adults, conversely, retain spatial awareness in familiar environments – a sharp contrast to the disorientation observed in early stages of Alzheimer's disease.

Cognitive reserve has also been reported to provide benefits to individuals with vascular injury (stroke), Parkinson's disease, multiple sclerosis, and traumatic brain injury. All things considered equal, those with higher cognitive reserve experience fewer or later cognitive decline than those with lower cognitive reserve, even when the extent of brain damage is similar. So, what is cognitive reserve?

A brain with high cognitive reserve, as defined by the cognitive reserve hypothesis, possesses many healthy neurons and an extensive network of connections between brain cells. Your brain builds new connections every time you learn something new. Brains with low cognitive reserve have fewer connections and possibly fewer healthy brain cells.

The adult hippocampus gains thousands of new neurons daily. Nevertheless, a significant proportion of newly generated cells do not survive. In fact, over half of them, if not more, die within just a few short weeks. Mental stimulation (from exploring new environments), routine social interactions, and physical activity are the most effective ways to prevent these cells from dying. Furthermore, according to a recent study, everyday use of spatial memory strategies may boost hippocampal gray matter (brain cells) in older adults, potentially improving their chances of successful aging. To put it another way, engaging your spatial skills could help prevent memory decline as we age.

### Surrendering to Technology: Cognitive Offloading Spatial Abilities

The process of cognitive offloading involves utilizing external resources, including tools, devices, and systems, to reduce the mental demands of tasks such as navigation and retaining spatial information. Cognitive maps, at their most basic

*Continued on Page 24*



## Your Brain's Navigational System Continued from Page 23

level, are not passively created using GPS (Global Positioning System) technology but are instead actively constructed through the process of exploration and firsthand experience within one's environment. When we outsource our brain's internal navigation to GPS, it effectively gets us where we need to go, but this passive approach does not foster spatial learning, thereby harming our brain's underlying navigation abilities and spatial understanding (use it or lose it).

Studies show a connection between relying on GPS navigation and impaired spatial awareness. Based on an analysis of GPS usage habits in a variety of situations over a person's life, a new study has discovered that using GPS technology more is associated with a decline in spatial abilities.

### Reclaiming Your Brain's Navigational System

(1) Before GPS, exploring unfamiliar areas demanded thorough preparation. Planning your trip involved studying paper maps, plotting your route, and memorizing parts of it (e.g., "Turn right after the second stoplight, onto First Avenue; the fire station should be on my left, etc."). Rand McNally still publishes road atlases in print form, as does AAA. If you have a decent printer, Washington State Department of Transportation's website provides printable maps to assist with trip planning and travel. Before using your GPS, study a physical map, memorize street names, and jot down landmarks. Trace your route in your mind's eye, until you have it down pat. Should you get lost, pull over and consult your map. Should you get really lost, you can always turn your GPS back on.

(2) As alluded to earlier, studies have shown that simply visualizing the layout of a physical space or environment activates your cognitive map. Take a pen and paper and draw the floor plan of your house from memory. Similarly, when you return from the grocery store, see if you can map out the floor plan. Can you label the aisles? Try mapping out your neighborhood from memory, starting with the house on the corner with that yappy dog! Now, add landmarks like fire hydrants and fencing.

(3) Why not organize a scavenger hunt for your children or grandchildren? Besides being fun and providing great opportunities to exercise, they also give your hippocampus a workout!

(4) Shake things up a bit! Try a different walking route or do your typical route in reverse!

### General Recommendations for Better Brain Health

*Here are some other simple tips to keep your brain sharp . . .*

(1) Turn off autocorrect on your iPhone, Android, or Samsung phone (you do this in general settings). Cognitive skills can suffer if you over rely on autocorrect. By correcting errors automatically, autocorrect prevents you from actively learning (and retaining) proper spelling and grammar, leading to decreased attention to detail, poor self-editing skills, and diminished understanding of the nuances of language like being polite, sarcasm (e.g., "That was a smart move"), or puns (e.g., "My mechanic's autocorrect suggests she needs to take a 'brake' from my car").

(2) Turn off autocomplete on your web browser for the above reason. In your internet browser settings, find "Autofill and passwords," and switch it off.

(3) The pen is mightier than the "board" (keyboard, that is!). Compared to typing, handwriting activates more areas of the brain and enhances connections between brain cells. The act of handwriting, as opposed to typing, has been shown to improve spelling skills, boost memory recall, and foster deeper understanding of the material you are working with because it slows down the processing of information. Furthermore, the precise hand movements required in handwriting help to improve fine motor control and manual dexterity. You also get more sensory feedback when you write by hand.

(4) Even if you find it challenging to articulate your thoughts, try not relying on ChatGPT or other generative AI chatbots for writing tasks. Likewise, turn off Smart Compose in Gmail. Not only does it rob you of opportunities to keep the above cognitive skills fresh, you must admit, it is kind of creepy!

(5) What is good for the heart is good for the brain. While the brain only makes up 2% of the body mass it uses over 20% of the blood supply. Physical activity boosts blood flow throughout the brain and stimulates the growth of new brain cells (neurogenesis) in regions around the hippocampus. Of course, you must put the younglings to work by learning new things (use it or lose it)!

(6) Expand your sensory experiences by exploring new places, actively engaging with unfamiliar sights, sounds, and aromas to fully stimulate and enrich your perception of the world – fostering new experiences and building more connections in your brain!



In today's climate, with so much uncertainty, we all should try to incorporate these ideas into our daily life. Let's all be a little kinder and make this world a better place.

## 1. Express Gratitude

Thinking about the good in your life can help balance negativity. Give your brain extra time to register and remember a positive experience or idea.



## 2. Positive Affirmations

The more a message is heard, the more likely it is to be believed. By repeating a message the brain starts to believe it.

## 3. Deep Breaths and Stretching

Stretching allows blood flow, improving circulation. While deep breaths bring oxygen to the brain, enhancing its performance.

## 4. Ask For Help

Don't let pride get in the way of making your work life more positive. Get as much help and support as you can.





## What Is Carbon Monoxide Poisoning?

Carbon monoxide is a colorless, odorless, and tasteless gas produced from burning substances such as charcoal, gas, gasoline, oil, or wood.

When inhaled, carbon monoxide reduces the body's ability to carry oxygen to vital organs. More than 400 people in the US die each year from unintentional carbon monoxide poisoning not associated with fires. In addition, carbon monoxide poisoning leads to more than 100,000 emergency department visits and more than 14,000 hospitalizations per year in the US.

### Common Causes of Carbon Monoxide Poisoning

Carbon monoxide poisoning most commonly results from breathing fumes in enclosed spaces from gas appliances (stoves, ovens, water heaters, drying machines, furnaces), portable generators, fireplaces, charcoal grills, lawn mowers, and vehicle exhaust.

### Symptoms and Complications

Symptoms of carbon monoxide poisoning are not specific, making it difficult to identify. It is most commonly described as like having "the flu." Frequently, multiple people in the same household or area have similar symptoms, such as headaches, nausea, fatigue, dizziness, chest pain, stomach pain, impaired coordination, and confusion. At high levels of exposure, carbon monoxide can cause heart attacks, brain injury, and death.

Although anyone can get sick from carbon monoxide exposure, those at highest risk of complications after exposure are infants, young children, pregnant people, those with preexisting medical problems, and older adults.

### How Is Carbon Monoxide Poisoning Diagnosed and Treated?

Carbon monoxide poisoning is diagnosed by measuring carboxyhemoglobin, the percentage of red blood cells bound to carbon monoxide, using a device called a co-oximeter. Carboxyhemoglobin of more than 5% in nonsmokers and more than 10% in smokers strongly supports a diagnosis of carbon monoxide poisoning.

Treatment usually involves administration of 100% oxygen with a face mask until symptoms resolve, typically about 4 to 5 hours. Some patients with high carboxyhemoglobin levels or severe symptoms, children, and elderly and pregnant people may receive hyperbaric oxygen therapy, which involves breathing 100% oxygen in a pressurized chamber. A medical toxicologist or Poison Center (1-800-222-1222) can help determine which patients with carbon monoxide poisoning may benefit from hyperbaric oxygen therapy.



Carbon monoxide is a colorless, odorless, and tasteless gas produced from the burning of substances such as charcoal, gas, gasoline, oil, or wood.

When inhaled, carbon monoxide can cause heart attacks, brain injury, and death.

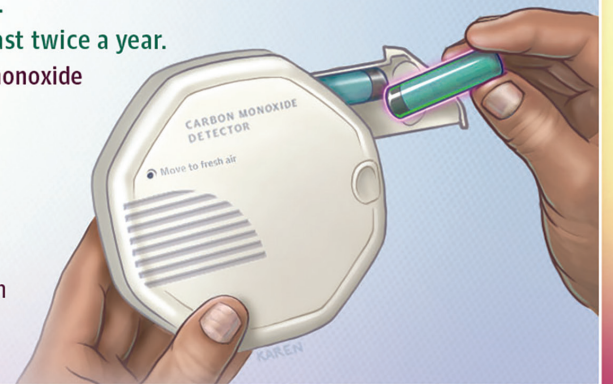
Carbon monoxide poisoning most commonly results from breathing in fumes in enclosed spaces from automobile exhaust, charcoal grills, fireplaces, gas appliances, lawn mowers, and portable generators.

Every home should have a functioning carbon monoxide detector in each sleeping area.

Check batteries at least twice a year.

Symptoms of carbon monoxide poisoning may include

- Chest pain
- Confusion
- Dizziness
- Fatigue
- Headaches
- Impaired coordination
- Nausea
- Stomach pain



If the alarm sounds, all people in the vicinity should evacuate immediately and call 911.

### How to Decrease the Risk of Carbon Monoxide Poisoning

- Every home should have functioning carbon monoxide detectors in every sleeping area. These detectors should have a seal from a national testing agency. Batteries should be checked at least twice a year. If the alarm sounds, all people in the vicinity should evacuate immediately and call 911. Anyone experiencing symptoms should seek medical attention immediately.
- Make sure that heating systems, water heaters, and other gas appliances are installed and working per manufacturers' instructions and serviced yearly.
- Ensure proper ventilation around gas appliances, wood-burning stoves, and heating systems. Never burn charcoal or use portable generators in doors.
- Do not use appliances outside of their intended use, such as using ovens or gas stoves to heat the home.
- Chimneys and fireplaces should be checked and cleaned every year.
- Do not operate gasoline-powered engines, such as automobiles, in confined areas. Open garage doors before starting any automobile and never leave it running in the garage.

Authors: Kevin Lieu, MD; Craig G. Smollin, MD; Kathy T. LeSaint, MD

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**Suicide & Crisis Lifeline**

# Dial 988

**for mental health emergencies.**

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







# COMMUNITY



4/1

Colby Robert Smith  
Duane Arthur Cooper  
Famie Marie Mason  
Rene Andre Vigil  
Seattle Dee Morris

4/2

David Wayne Peters Sr.

4/3

Deborah Jean Knott  
Jacqueline Crenshaw  
Keenan Chvsna Lorentz  
Tamika May Krise

4/4

Elizabeth Cooper-Campbell  
Joseph Nolan Harrell  
Kathy Ann Brandt  
Traci Jo Coffey  
Tyler Dullenty Hartwell

4/5

Matthew Volker Peters Block

4/6

Chauncey Eagle Blueback

4/7

Carolyn E. Hoosier  
Keesha R. Vigil-Snook  
Marie Elaine Snyder  
Michael W. Kruger  
Rolando Lewis Rocero

4/8

Marcella Rease Cooper  
Mi'chelle Emily Mach  
Nolah Jean Cousins  
Rodney James Krise Jr.

4/9

Alexander Henry Blueback  
Andie May Cousins  
Cheryl Lynn Hantel  
Juan Miguel Araiza  
Kiana Jean Henry  
Maurisio Salas Jr.  
William Howard Henderson

4/10

Joanna Lynn Cowling  
Kenneth Wayne Selvidge Jr.  
Lily Ana Naranjo-Johns

4/11

Anisaia Manu-Saenz  
Talon Jacob Beattie  
Tseeka Myrtle Lee Ackerman

4/12

Dorinda Evon Thein  
4/12 Elaine LeeAnn Roberts

4/13

Allen Jovian Mosier

4/14

Debra Jean Peters  
Haelee Hernandez-Smith  
James Leroy Peters  
Mary Josephine Mae Lewis

4/15

Grace Elizabeth Pugel  
4/15 Lorena Lynn Porter

4/16

Maria Coley

4/17

April Ann Leonard  
Dena Mae Cools  
Skylehr Monroe Henry

4/18

Brooke Belle Henry  
Daniel Edward Kuntz  
Douglas Wayne Johns  
osiah Cruz Saenz-Garcia

4/19

Dustin P. Greenwood  
Elisha Peters-Guizzetti  
Sande Lee Smith III  
Walter Ray Hall

4/20

Jolene R. Grover  
Pamela Ann Peters  
Vicky Lee Turner

4/21

Emily Denise Sigo  
Jon Kenneth Vanderwal  
Joshua Henry Brady Whitener  
Tracy Roy West  
Tyrone Seymour

4/22

Randy William Koshiway  
arah Gloria Koshiway

4/23

Rebecca Ray Keith  
Ronald Francis Bell  
Tristian Villanueva

4/24

Cameron Kyle Goodwin  
Syncere Van Ho

4/25

Casey Adrian Krise  
Cynthia Parrott  
Dawn Marie Caasi  
Larain Rose Algea

4/26

Bear Jon Lewis  
Chauncy Roger Blueback  
London Rain King  
Richard Montano III  
Russel Ramon Algea

4/27

Becky Lynn Barker  
Brent Corpuz Snipper  
Standing Raven

4/28

Anthony Del Johns  
Wesley Kyle Whitener

4/29

Claudia Guijosa-Meas  
Redwolf S. Krise

## 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 their 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**, Legal Coordinator for the Squaxin Island Legal Department, at (360) 432-1771 ext. 2, (360) 472-6802 or [Lharrell@squaxin.us](mailto:Lharrell@squaxin.us)

Squaxin Island Tribe employees who are not tribal members – check out your employee benefits packet to see what estate planning services are available for FREE through the Hartford Basic Group Term Life Insurance and AD&D.

## 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](mailto:rwhitener@squaxin.us)





# What's Happening

- 20-YEAR ANNIVERSARY SKOOKUM CREEK TOBACCO** April 2
- EASTER EGG HUNT** April 12
- LET'S TALK ABOUT ELECTRIC VEHICLES** April 24
- TOBACCO CESSATION EVENT** April 29
- CANDIDACY FORUM #1** April 10
- CANDIDACY FORUM #2** April 21
- WIC** April 9
- USDA** April 11
- COURT**
  - Family Court April 7
  - Criminal & Civil Court April 29

**Culture Night**

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



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

**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.

## Elders Menu

*Fruit and salad at every meal*

**MONDAY 7:**  
Hamburgers, Mac Salad, Asparagus

**MONDAY 14:**  
Chicken Strips, Tator Tots, Brussel Sprouts

**MONDAY 21:**  
Spaghetti, Corn, Garlic Toast

**MONDAY 28:**  
BBQ Ribs, Mac-N-Cheese, Baked Beans

**TUESDAY 1:**  
Italian Sausage Potato Soup, Bread Sticks

**TUESDAY 8:**  
Chicken Pozole, Tortillas

**TUESDAY 15:**  
Chili, Corn Bread

**TUESDAY 22:**  
Baked Potato Soup, Egg Salad Sandwiches

**TUESDAY 29:**  
Minestrone Soup, Ham Sandwiches

**WEDNESDAY 2:**  
Tacos, Black Beans

**WEDNESDAY 9:**  
Veggie Pizza

**WEDNESDAY 16:**  
Teriyaki Chicken, Rice

**WEDNESDAY 23:**  
Surprise

**WEDNESDAY 30:**  
Creamed Hamburger, Peas

**THURSDAY 3:**  
Pork Chops, Rice, Mixed Veggies

**THURSDAY 10:**  
Baked Potato Bar, Broccoli

**THURSDAY 17:**  
Teriyaki Chicken, Rice

**THURSDAY 24:**  
Steak, Roasted Red Potatoes



South Puget Intertribal Planning Agency

## USDA Foods Program April Dates



<b>PT. GAMBLE S'KLALLAM</b>	<b>4/8/25</b>
<b>SQUAXIN ISLAND</b>	<b>4/11/25</b>
<b>SKOKOMISH</b>	<b>4/16/25</b>
<b>NISQUALLY</b>	<b>4/18/25</b>
<b>CHEHALIS</b>	<b>4/24/25</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 Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



**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**

Next WIC date:  
**Thursday, Apr. 9, 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](https://www.spipa.org/family-and-community-resources)

