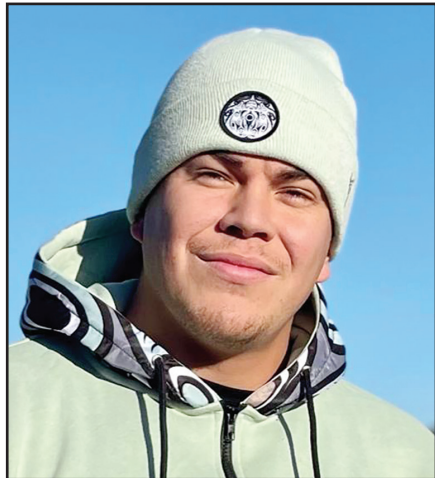


Congratulations Newly Elected Tribal Council Members



Taylor Krise
Vice Chair



Cameron Henry
Council Member



L-R: Jim Peters (Secretary), Taylor Krise (Vice Chairman), Kris Peters (Chairman), Vicki Kruger (Council Member), Jeremie Walls (Council Member), Joshua Whitener (Treasurer), and Cameron Henry (Council Member)



Newly elected Vice Chairman Taylor Krise (second from left) and brothers, L-R: Gary Brown, Tom Castellaine, and Rodney Krise



Council Member Cameron Henry and his dad, Marvin Henry, Sr. (left)



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^{wi}ig^{wi}

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

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





Walking On Wyatt Cole Melton



mother, Faren McDougall, and two younger brothers, Gaven and Hunter; grandparents, Darryl and Cheryl Melton; great-grandmother, Maudeline Melton; and aunts, Jessica (Jason), and April.

A service for Wyatt was held at the Squaxin Island Sacred Grounds, May 28th at 11:00 a.m. There was a meal served at the Squaxin Community Kitchen following the service.



Wyatt Cole Melton, age 19, passed away unexpectedly on April 27th, 2025.

He was born on September 30th, 2005 to Josh Melton and Feran McDougall.

Wyatt graduated in June, 2024 from Shelton High School.

His passion in his youth was his love for baseball. As a pitcher, he played competitive baseball, traveling across the country for tournaments.

He loved riding dirt bikes with his dad, younger brothers, and friends. He played video games on his X Box online with all his younger brothers. Wyatt wrote poetry, but also worked on trucks and learned to weld from his dad, Josh. He loved being out fishing and hunting with his dad.

Wyatt embraced and loved his native culture. A great delight for him, when he was young, was the summer rec program put on by the Tribe. He learned so much and loved it all.

Wyatt was preceded in death by his uncle, Leroy Melton in 2016.

He is survived by his father and stepmother, Josh and Melanie Melton; younger brothers, Emory and Ian Melton; his

Squaxin Island TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

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

www.squaxinisoland.org

Articles and opinions expressed in this publication are not necessarily the opinions of this publication or the Tribal Council.

The Klah-Che-Min encourages Tribal Members to submit letters, articles, photographs and drawings to be considered for publication, but are subject to editing.

Contributing writers and artists include Squaxin Island community members and staff.


Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- KRIS PETERS: Chairman
- TAYLOR KRISE: Vice Chairman
- JIM PETERS: Secretary
- JOSHUA WHITENER: Treasurer
- JEREMIE WALLS: 1st Council Member
- VICKI KRUGER: 2nd Council Member
- CAMERON HENRY: 3rd Council Member

Klah-Che-Min Staff:
THERESA M. HENDERSON: EXT. #3945
thenderson@squaxin.us

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



Feedback forms: squaxinisoland.org

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

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



Council Corner

May 8th Tribal Council Meeting

OATH OF OFFICE: New council Vice Chair Taylor Krise and Member Cameron Henry were sworn in by Rhonda Foster, in front of their witnesses made up of their friends and family. The ceremony highlighted the importance of leadership and community service.

COUNCIL DISCUSSION: Financial Literacy Training was discussed and the lack of mandatory financial literacy training for youth receiving funds. Suggestions included making it a requirement before fund disbursement.

COMMUNITY EVENTS: Ideas for summer events, including talking circles and community gatherings without political agendas.

NATURAL RESOURCES: Updates on fisheries and wildlife numbers. Discussion on the impact of predators on deer populations and the need for balance in conservation efforts.

PUBLIC COMMENT: Tyler Hartwell proposed a project for cleaning Squaxin Island as part of his Native Pathways program. Council expressed support and suggested coordination with relevant departments.

GENERAL BODY MEETING: Data from cultural surveys and strategic planning are being collated. Canoe Journey planning and coordination are ongoing.

FEDERAL BUDGET CUTS: Federal budget cuts are being closely monitored for potential impacts on tribal programs due to proposed cuts in the 2026 budget. Executive is closely working with Finance and impacted departments on solutions to mitigate these potential cuts.

LEGAL AND NATURAL RESOURCES: Family Assistance Code was approved via resolution for family assistance, allowing descendants to assist in treaty fisheries. Discussions included age restrictions and the role of non-tribal members.

SPIPA FOOD RESILIENCE GRANT: Approved a resolution for a grant to provide food boxes for a year, focusing on culturally appropriate food.

LITTLE CREEK CASINO UPDATE: Tower 2 Project is progressing. Discussed plans to expand arcade offerings and explore family entertainment options. Employee Recognition: highlighted the contributions of Rich Zabroski, network administrator, as team member of the month.

8th Generation Blanket Design Contest Winners!


After months of anticipation and community participation, Tribal Council is excited to announce the completion of two custom 8th Generation Tribal blankets designed by Squaxin tribal members Kimy Peterson and Taylor Krise.

Originally intended to select one winning design, the Council found it impossible to choose between the two standout submissions. In a celebratory decision, both artists were honored for their exceptional creativity and cultural representation.

The winning blankets are now available for purchase at the tribal center front desk. Members are encouraged to stop by, show support for the artists, and take home a piece of this meaningful collaboration.

Congratulations to Kimy Peterson and Taylor Krise for their inspiring contributions!

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



EIGHTH GENERATION TRIBAL BLANKETS NOW AVAILABLE!



Tribal Council is excited to offer a stunning selection of Eighth Generation tribal blankets—designed by Squaxin artists: Taylor Krise & Kimy Peterson



Blankets may be purchased at the Tribal Cashier Window and at the Squaxin Museum. Questions? Call 360-426-9781



OATH OF OFFICE



The Peoples Oath Cultural Resources Director

Rhonda Foster:

You have been chosen by the Creator and our People to serve as our Honored Leader. This is a promise you make to the Creator for your Ancestors, People, and future Children.

The thickness of your skin will be seven thickness, for you will be proof against anger, offensive action, and criticism. With endless patience you shall carry out your duties, and your firmness shall be tempered with compassion for your People. Neither anger nor fear shall find lodgment in your mind or spirit, and all your words and actions shall be tempered with calm deliberation. In all your official acts, self-interest shall be cast aside. You shall look and listen to the welfare of the whole People, and have always in view, not only the past and present, but the coming generations in your heart" (1720 Iroquois Confederation giving charge to the new Leaders).

Always remember first the Creator's loving kindness who will continue to bless us as long as we continue to lift Him up and give honor and thanks for all that He continues to provide to our People.

New Tribal Council Members:

"I, (name of new member - Taylor Krise / Cameron Henry), accept this Oath.

I accept this Oath as a warm blanket to wrap it around me and promise to carry it with me and lodge it in my heart."

Cultural Resources Director

Rhonda Foster:

"I, Rhonda Whitener Foster, am honored to accept your Oath for our People. Let the records show, and everyone here who is a Witness, that (name of new member - Taylor Krise / Cameron Henry), has accepted this Oath. We ask the Creator to guide and hold you for time immemorial."





OATH OF OFFICE



History of Tribal Council Oath of Office

Rhonda Foster - In the 1980's, our Elders met regularly. They worked to stay united with each other while handling the concerns of their tribal people. With little money, they came together not for themselves, but to make a better life for their people.

It was at these meetings that the idea was put forward to create an Oath of Office for the Tribal Council. After comparing several oaths, the Elders created our Tribe's oath. I remember going to Theresa Nason's house, because she couldn't come to all the meetings. Theresa made sure the Oath was written right. After several drafts were re-written, we finally had a People's Oath. This would be used for all new elected tribal council members.

At the first People's Oath in the 1980's, our Elders chose Frank Parker to perform the Oath, and Frank asked that I stand beside him.

On June 9th, 2005, the Tribal Council reinstated the People's Oath when Jim Peters was re-elected and asked, "Where's Rhonda?" The Oath had been dropped for two years. From then on, it was the responsibility of CRD to ensure that the Oath is not forgotten or disrespected.



Rhonda Whitener Foster To the Families

Your loved one is taking on a large responsibility. To be selfless and think about others before themselves is not an easy job. Their ears will be twisted and bent many, many, days. Most will lose sleep because they are a council member. It's your responsibility to support and lift them up when they continue to work hard for our people.

Please be understanding.





New Employees



Cloe James
Certified
Medical Assistant
Health Clinic

Hi! I have been hired as the Certified Medical Assistant with the Health Services Department.

I am excited about being able to use my skills in this new journey.



Jaimie Whipple
Lead Coordinator
Health Clinic

Hi! I have been hired as the Lead Coordinator at the Clinic.

My father is Jeffrey Peters and my mother is Paula Peters.

I worked as a Medical Assistant for 25 years.

I am most excited to be back at the Tribe working with and serving our tribal community at the clinic.

I look forward to getting to know our community again.



Jody Heller
Substance Use Disorder
Professional
NWITC

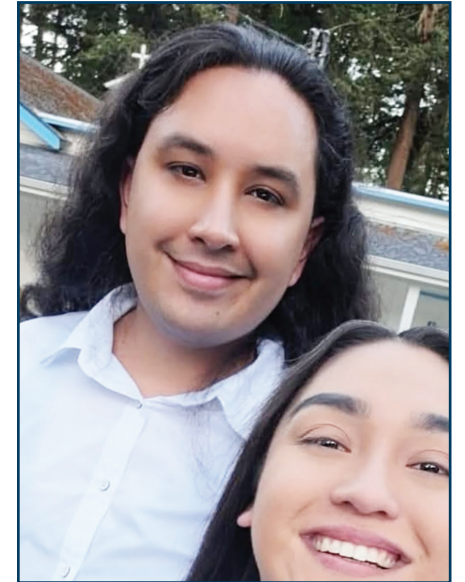
Hi! I have been hired as a Substance Use Disorder Professional at Northwest Indian Treatment Center.

I have worked in the SUD field since 2008 and have been counseling since 2020 in several modalities to include MAT, OP, and IOP.

I am married with tons of kids, grands, bonus kids, and pets . . . with a LOVE for them that matches No Other!

I am excited to be working with a team of cohesive professionals who share my passion for assisting others in finding freedom from their addiction.

I'm excited to return to NWITC as a clinician, and look forward to working, again, with the team there.



Joe Goodfellow
Mental Health
Counselor
Behavioral Health

Hi! I have been hired as a Mental Health Counselor for Behavioral Health.

My partner, Madeena, is from Squaxin, and we have a little girl named Sequoia.

I am excited about helping others find their way through spiritual- and evidence-based practices.

I look forward to helping our community as much as I can.



Nissan Armas
Physician's Assistant
Health Clinic
Working with Dr. Ott

Thank You!
To All of Our Valued Employees!

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



What's Happening at the Creek?

\$15,000 SUPER SATURDAYS

Saturdays in June | 5PM–7PM | Win up to \$15,000 Cash
Five total drawings every Saturday: three chances to win \$5,000 in cash and two \$1,000 Free Play prizes. Seniors get 10 bonus entries! Don't miss your chance to strike it rich—every half hour counts!

FATHER'S DAY SWIPE & WIN

Sunday, June 15 | 9AM–11:59PM | Win up to \$5,000 Cash
Chance to win up to \$5,000 in cash. Grand prize is guaranteed at 11:15PM if not awarded before 11PM. Must be present to win. Luck Is Just a Swipe Away!

FRIDAY HOT SEATS (BURNING HOT SEATS)

Fridays in June | 3PM–10PM | 21 Drawings Every Friday
Every 20 minutes from 3PM–10PM, players can win a Free Gift, \$300 cash, and everyone at the winner's bank gets \$20 Free Play! Must be actively playing slots with a rewards card. Feel the heat—play your favorite slots for sizzling hot rewards!

JUNE JACKPOT DRAWING

Sunday, June 8 | Drawings at 2PM, 4PM & 6PM
Qualified players who hit a jackpot of \$1,200+ in May are eligible for these cash drawings:
2PM – \$2,000 cash
4PM – \$4,000 cash
6PM – \$6,000 cash
Your May jackpot could bloom into June cash—be there to win!

FOREVER YOUNG (50+ PROMOTION)

Tuesdays | 10AM (Cookies) | 6PM & 7PM Drawings | Win \$1,000 Cash
Tuesdays are blossoming with fun for our 50+ crowd! Start your morning with fresh Crumbl cookies, then try your luck in the evening for free play and \$1,000 cash prizes. Springtime has never been sweeter!

HANDY TOOLS FOR YOU GIFT GIVEAWAY

Sundays & Thursdays | Earn 9AM–9PM | Pickup 1PM–9PM
Play your way to a rugged new tool set! Collect all four weeks to qualify for the Grand Prize Drawing on June 29:
7PM & 8PM – 2 winners each hour.
Grand Prize: \$250 Home Depot Gift Card.
Collect the full toolset and unlock your shot at a \$250 Home Depot gift card!

Upcoming Entertainment

Aaron Lewis | June 12th 8pm
Deana Carter | July 26th 8pm
Hell's Belles | August 23rd



Hotel News

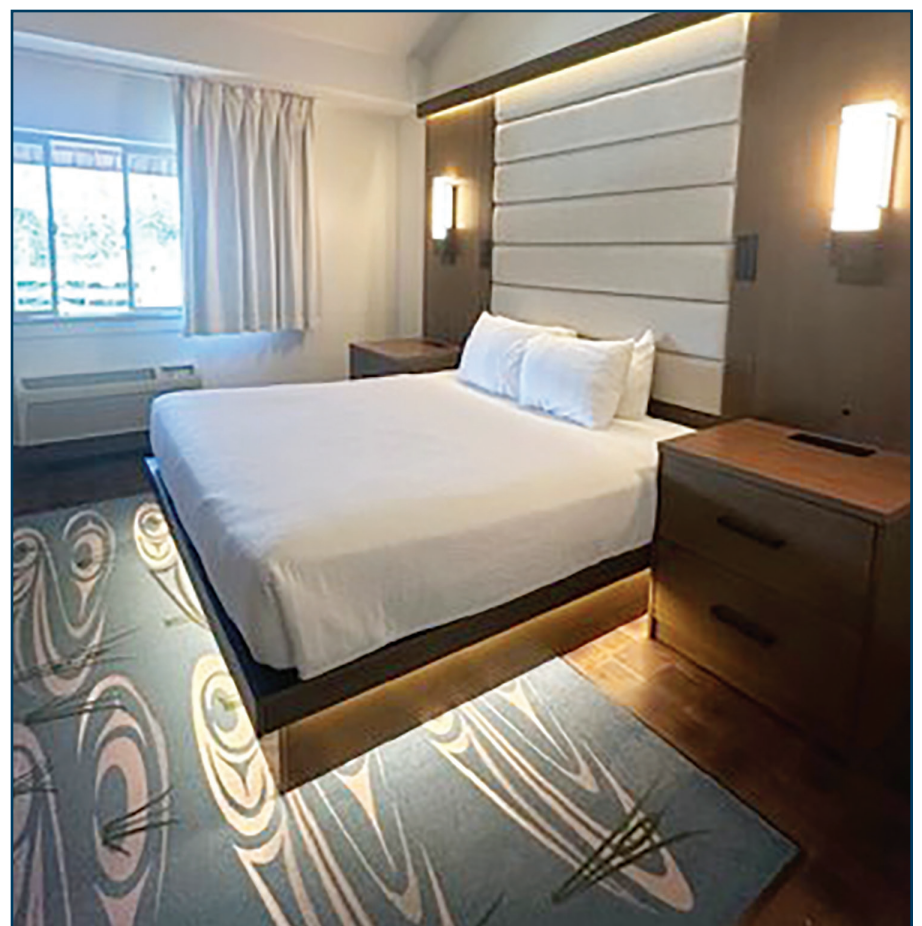
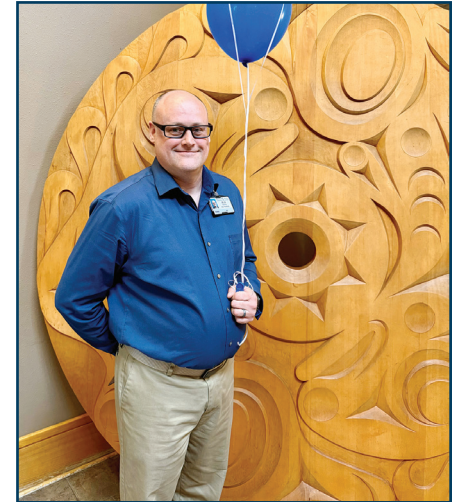
We're excited to announce the completion of our hotel renovation, with 100 refreshed guest rooms—including two luxurious presidential suites—now featuring a modern contemporary design. This project, which began in January, brings a fresh and elevated experience to Tower 2. All room types are now available for booking, and we can't wait for our guests to enjoy the upgraded comfort and style during their stay at Little Creek Casino Resort!

May Team Member of the Month

Rick Zabroski

Information Technology

Rick exemplifies leadership, foresight, and commitment to excellence. From guiding the Direct TV project with seamless coordination to mentoring IT Techs and fostering cross-team collaboration, Rick consistently goes the extra mile. His thoughtful approach and dedication to LCCR's goals make him a trusted and valued team member. Congratulations, Rick!





Electric Vehicle Event

Tracy Parker - On April 24, 2025, the Squaxin Island Planning and Community Development Department, in collaboration with Washington State University, hosted an Electric Vehicle (EV) Expo at the Squaxin Community Kitchen.

The event showcased a wide range of electric vehicles on display for the Squaxin community to explore, including passenger vehicles, a semi-truck and a school bus. The full-size electric school bus was a hit with the children, but the highlight was the Squaxin Natural Resources Department's 2025 Chevy Silverado EV. Experts and staff members who use EVs were on hand to answer questions.

The expo was well attended and sparked engaging conversations among community members, consultants, and outside organizations. Staff and Tribal members of the Skokomish and Quinault Tribes were also in attendance and provided information on projects they are working on.

One important discussion centered on EV charging infrastructure: attendees expressed concern about compatibility between different vehicles and chargers, highlighting the need for universal charging. We will advocate for universal charging infrastructure and, in the meantime, we will be intentional in our vehicle and charger purchases to ensure as much compatibility as possible.

The EV Expo was made possible through a grant awarded to the Tribe by the Department of Commerce under the Electrification Transportation Systems Program. Overall, the community expressed enthusiastic support for electric vehicles and the Tribe's work to achieve a clean transportation future.

Feedback gathered at the event will help shape the Squaxin Transportation Electrification Plan, a roadmap for future investments in zero-emissions vehicles and charging infrastructure.

The Squaxin Island Planning and Community Development Department encourages continued community input. Please share your ideas on EVs and infrastructure by completing our survey—just go on the link below or scan the QR Code with your cell phone.

<https://forms.gle/szK5Mq5tA98sKTGW8>



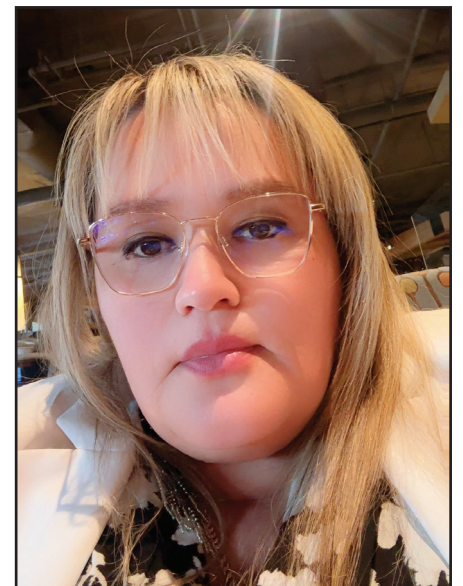
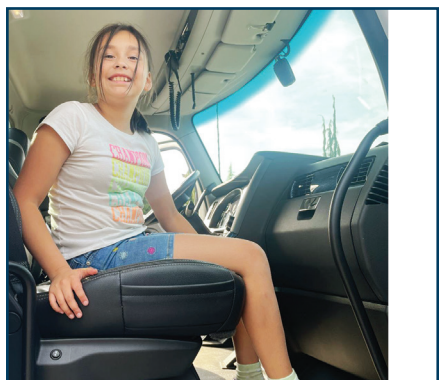
Congratulations to Isaiah Coley and Audelia Araiza

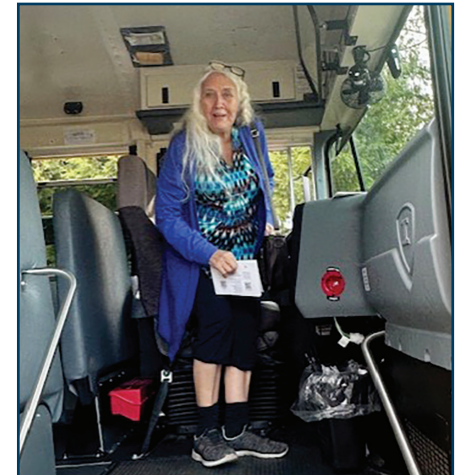
Island Enterprises proudly congratulates Trading Post employee Isaiah Coley on being named the new Chairman of the Tribal Convenience Store Association (TCSA) Board of Directors, and Audelia Araiza on her appointment as the new Member at Large for the organization.

The association is a key body supporting Tribally owned convenience stores across the region and plays a vital role in promoting collaboration and innovation within the industry. Squaxin Island played a key role in the start-up of this Trade Association.

These prestigious appointments reflect Isaiah and Audelia's exceptional dedication, leadership, and the high regard in which they are held by their peers.

Their contributions have consistently advanced our mission and values. Island Enterprises celebrates their success and looks forward to the positive impact they will continue to make.







Bordeaux

Tamika Krise - June is here, which means we are that close to finishing up another school year! I am so beyond happy to share this time with our students and to watch them grow another year. Our fourth graders are becoming fifth graders and will be going to middle school. Our third graders will now be the big fourth graders of the school. Our kinders will no longer be kinders and kindergarten classes will be filled with all new eager faces. These are transitional times in their lives and will be remembered. Let us all shower our students with respect and love as they have powered through and are continuing to set the pathway for more youth to follow.

I also want to share some of the moments I have witnessed in these last few months. I've been able to watch our students grow culturally by participating in their Native Ed groups with Ms. Aurora, making their own cedar headbands, baskets, roses, necklaces, and more. I have watched them take pride in sharing who they are and where they come from. They have also grown in their behavioral goals, finding better understanding of their emotions and shifting their reactions in class and amongst their peers, as well as in their academic goals, locking in during testing and working hard to get the review done.

After making all these strides, I am excited to join them in having fun during field day and our end-of-the year field trips. We will also do our annual Native Ed ceremony, where all our students will gather and receive an award. I will try to post all of these photos on Facebook, for now I have some pictures of last month's activities to enjoy.



Sydney showing off the cedar head band she made herself! Showed all of culture night!



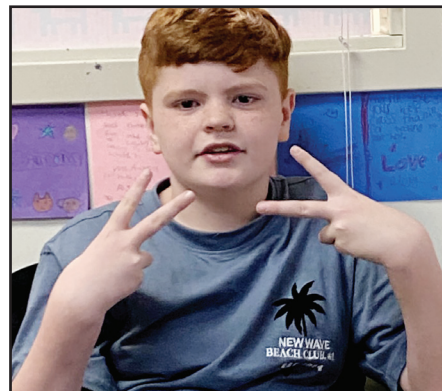
Isabel working on her project



Redwolf committed to finishing his cedar basket necklace he started in his groups with Ms. Aurora. He even comes in on his recess!



Ian starting his project during lunch



Emory during our Native Ed lunch!

CELEBRATING OUR 50TH ANNIVERSARY

West Olympia Rotary invites you to a very special art dedication **Life is Water** by Taylor Krise

Dedication ceremony
Friday, June 20 • 4pm
Rain or shine

Rotary Point
at West Bay Park
700 West Bay Dr NW, Olympia

Please RSVP
with your
contact info
via this form:



or clicking
this RSVP link

bit.ly/43oLEz6

- Program highlights**
- Blessing by Squaxin Island Tribe
 - Remarks from the City of Olympia and West Olympia Rotary Club

About the Art

Made from Western red cedar, the intricate details and symbolism incorporated into the carving convey the significance of clean and healthy water for marine wildlife.

The design incorporates flowing lines, intricate patterns, and traditional motifs of Salish art.

The central theme revolves around water and its connection to marine wildlife, featuring marine creatures including salmon, starfish, octopus and shellfish and other marine life, emphasizing their dependence on clean water for survival.



Life is Water

by Taylor Krise, Squaxin Island Tribe
Artist and tribal council member

From time immemorial the people of the Squaxin Island Tribe have lived in harmony with the water, land, and air, and whose current generations continue nurturing this rich heritage. West Bay Park and the City of Olympia are located on the traditional homelands of the Squaxin Island Tribe.

West Olympia
Rotary



Celebrating 50 years of service and community



YOUTH CENTER



Olympic Middle School

Kiana Garberich Wily - Our middle schoolers have been hard at work increasing their leadership, community involvement, and team building skills.

Over the past two months, our 5th and 6th graders have been forming their own structured group, setting goals, and getting engaged in different activities. Their favorite group activity is sharing a meal and going on a nature walk. But they also pushed themselves to go outside their comfort zones and try new things, from trying new plant medicines in the First Foods Trail with Patricia Green, to learning about Salish design basics with Taylor Krise. Several made their first pair of dentalium earrings with Shaelyn Clark and Sierra Blueback at the Museum for Mother's Day gifts. Many even took the super brave step of public speaking twice in the last month!

The kids addressed the Council and got their support to take their request of flying Squaxin flags to the Shelton School District board meeting and used their amazing and powerful words to persuade the board members to raise the Squaxin flag in the district and at their schools. They would tell you just a couple months ago they didn't know how to write an argumentative essay and now look at them!

They fill me with pride watching them be so eager to, not only learn their culture and community, but to share it as well.



Patricia Green showing us down the First Foods Trail at the Squaxin Garden



Exploring through the Medicine Wheel Garden and talking about mycelium and mushroom systems



Before the Kids addressed Council asking for support in getting the Squaxin Flag raised at their Shelton schools



The middle schoolers taking adventure bites and finding new flavors in the forest



After our kids spoke in front of the SSD board meeting and Shelton community, asking for their flag to be flown



Higher Education

Don't forget to turn in your final grades and any receipts from spring quarter/semester; they need to be turned in by July 1st.

If you are planning to apply to the Squaxin Island Education Commission for higher education financial aid, completed packets are due August 7th. New and returning students will need to complete the packet for the 2025 fall quarter/semester.

Packets are available now and can be picked up at the Education Department between 7:00 a.m. and 3:00 p.m., or they can be emailed by request.

If you have any questions or need assistance please don't hesitate to ask.

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





Teen Program

Keesha Vigil - May was a month full of cultural events, community connection, and youth leadership for the Squaxin Island teen program. From participating in powerful cultural events to hosting their own gatherings at home, teens were embracing their voices and lifting each other up!

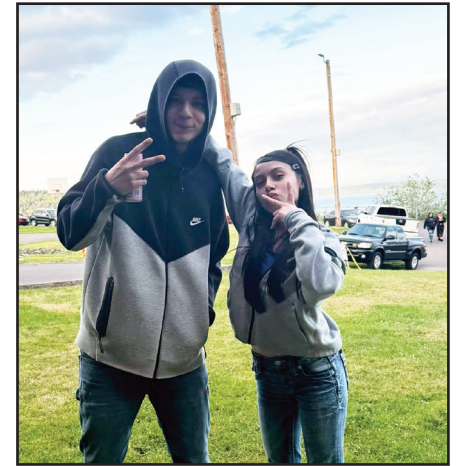
On May 3rd, a group of Squaxin teens traveled to the Suquamish Tribe to attend the MMIW (Missing and Murdered Indigenous Women) jam session. The night was filled with songs, prayers, and powerful moments of healing. The teens had an incredible time connecting with others throughout the jam session. One of the highlights of the night?: "Keesha, please, one more song!"

On May 9th, Squaxin youth took the lead and hosted a teen and youth-led jam session. They proudly sang and danced their songs, with support from community members and cultural family. Events like this offer youth the chance to step into leadership while being surrounded by love and tradition. A special shoutout goes to the OMS youth who continued to show up, lead, and shine.

As summer approaches, the teen program is excited to announce that sign-ups are now open for the Squaxin Stepping Stones program, a summer experience for 12–14 year-olds focused on culture, leadership, and connection. Programming will run from June 30th to August 6th, and space is limited to 30 spots. Youth will also have the opportunity to attend Canoe Journey 2025, an unforgettable cultural experience. Priority will be given to 13 and 14 year-olds, with 12 year-olds considered based on availability. For more information or to register, contact Keesha Vigil at (360) 463-0681 or kvigilsnook@squaxin.us.



Alex and Nito at Suquamish jam



Josiah and Nyelli at Suquamish jam



Alex dancing at Suquamish jam



Kiana Wily, Natalia and Heather



Natalia, Maddie, Jessica, Heather, Satayla and Elliana

TEEN PROGRAM

SQUAXIN STEPPING STONES NOW OPEN FOR SIGN UP!

13 and 14 will be priority, 12 year old's depending on availability!

-Programming starts June 30th ends August 6th
-LIMITED TO 30 SPOTS
-Will be attending Canoe Journey

Please Contact Keesha Vigil if you have any questions (360)463-0681
 Kvigilsnook@squaxin.us



Scholarship Opportunity Jeanette and Richard Charman Scholarship

This scholarship is proudly funded by a small, family-owned corporation based in the Pacific Northwest. Incorporated in 1952, the J&R is named after siblings Jeanette and Richard Charman. Over the years, the Charman/Michel family has spent significant time in Shelton, Washington, and has come to deeply appreciate the region's natural beauty, especially the area surrounding Squaxin Island and the South Puget Sound, the ancestral and current home of the Squaxin Island Tribe. This scholarship is a gesture of respect and gratitude, created to support members of the Squaxin Island community.

The J&R is honored to contribute to the educational journeys of Squaxin Island community members and to recognize the enduring presence, strength, and cultural richness of the Squaxin Island people.

Award Amounts:

One \$5,000 award will be granted towards a 4-year Bachelors Program

Two \$2,500 awards will be granted towards a Community/Technical College Associates Program

This scholarship is awarded to Squaxin Island tribal descendants and community members (need not be enrolled Squaxin tribal member) who are looking to pursue post-secondary education at a federally accredited community college or university.

Applicants must provide a letter explaining their plans, goals, and how they intend to give back to their community.

Applicants must have a GED or diploma, and a minimum GPA of 2.0 to be considered for a 4-year university.

Application:

<https://squaxinland.org/wp/wp-content/uploads/2025/04/Jeanette-and-Richard-Charman-Scholarship.pdf>

OR

Find it on the Daily Scoop at the top of the Community Bulletin
<https://squaxinland.org/community-bulletin>



MEET AT TU HA' BUTS YOUTH CENTER
EVERYDAY TO BE SHUTTLED TO
PORT BLAKLEY

Programming is always
9:00am
to 3pm

2025

July stepping stones

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	30th First day of programming	1 start time: 9:00am End time: 3pm	2 start time: 9:00am End time: 3pm	3 start time: 9:00am End time: 12pm	4 NO PROGRAM HOLIDAY	5
6	7 Weaving w Andrea 9am-12pm Drum with Granny 10-10:45am lunch 12-1pm Weaving: 1-2pm Closing circle 2-3pm	8 Weaving w Andrea 9am-12pm lunch 12-1pm Weaving: 1-2pm Closing circle 2-3pm	9 Weaving w Andrea 9am-12pm lunch 12-1pm Weaving: 1-2pm Closing circle 2-3pm	10 Weaving w Andrea 9am-12pm lunch 12-1pm Weaving: 1-2pm Closing circle 2-3pm	11 Weaving w Andrea 9am-12pm lunch 12-1pm	12
13	14 weaving 9am-12pm Drum with granny 10-10:45 lunch 12-1pm traditional Medicine w/ Garden: 1-2pm Closing circle 2-3pm	15 Traditional Medicine w/ Garden 9am-12pm lunch 12-1pm Weaving: 1-2pm Closing circle 2-3pm	16 Drum Making W Little Bear 9am-12pm lunch 12-1pm Weaving: 1-2pm Closing circle 2-3pm	17 Drum Making W Little Bear 9am-12pm lunch 12-1pm Weaving: 1-2pm Closing circle 2-3pm	18 Drum Making W Little Bear 9am-12pm lunch 12-1pm	19
20	21 Home water Pulling	22	23	24 No Programming	25 No Programming	26
27	28 Necklaces, earrings with Shaelynn 9am-12pm lunch 12-1pm finsish Projects: 1-2pm Closing circle 2-3pm	29 Necklaces, earrings with Shaelynn 9am-12pm lunch 12-1pm finsish Projects: 1-2pm Closing circle 2-3pm	30 Pre employment day 9am-12: Applications building 1-3pm Lushootseed	31 Programming TBD based on canoe journey: packing, prepping...		



YOUTH CENTER



After School Program in May

Summer is on its way!

Kasia Seymour - In May we had cultural activities in the Rec Room and this month was focused on loom beading and other forms of beginner beading.

On Thursday, May 1st, the youth got to play outside and hang out at the T' Peeksin Park.

Friday, May 2nd, was a three-hour early release day for Shelton School District. The youth got to play with their friends, have free choice, and go swimming. The youth who chose not to swim went for a walk around the pond with staff to enjoy the beautiful weather!

The traditional medicine focus for May was calendula, and the youth learned the correct way to identify the flower and how to harvest them.

Tuesday, May 20th was a cooking activity, and the youth got to make cherry pies made with flaky crust and cherry pie filling.

On Wednesday, May 21st the youth got to learn the process of making candles. They got to add their own essential oils and colorants to their wax, and they turned out impressive.

On Thursday, May 22nd the youth got to go out in nature and take a mini canvas with them to sketch and paint what they saw out in nature. It was cool to watch them get so creative.

On Wednesday, May 28th we played spring Bingo. It turned out really fun for the youth. Their Bingo cards had spring traditional plants on them, which helped them identify some of the plants they've learned about over the school year. We had prizes and snacks; it was a fun time!

Friday, May 30th was movie night for the youth from 4:30 - 6:00 p.m. We made popcorn, snacks, and drinks for the youth. It was an enjoyable time.

Swimming during Summer Rec: Mondays and Fridays 10:00 a.m. - 11:00 a.m. for Frogs and Salmon, then 1:00 p.m. - 2:45 p.m. for Bears and Orca groups.

Please be sure to have your youth bring their own swimsuit and towel. We cannot loan swimsuits or towels during Summer Recreation.

Stay tuned for the upcoming July summer recreation calendar. We will be posting a weekly schedule on our Facebook page, Tu Ha' Buts Youth Center, or join our Remind app. We will be posting to the Summer Rec class in Remind! Text SquaxinTYC to 81010 - The Remind app will text our weekly hours and any urgent updates directly to your phones!



June 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
After School Program:3-6pm Cultural Activity: Dream Catchers 2	After School Program:3-6pm Cooking: Summer Slushies 3	After School Program:3-6pm Traditional Medicine Activity: Essential Oil Rollers 4 GSD Early Release at 2:30	After School Program:3-6pm DIY Activity 3D Mine Craft Pearler Beads 5	After School Program: 12:30-6pm Water Balloons in Field 6 GSD Early Release at 12:30
After School Program:3-6pm Cultural Activity: Dream Catchers 9	After School Program:3-6pm Cooking: Strawberry/ Pineapple Fruit Popsicles 10	After School Program:3-6pm Traditional Medicine Activity: Essential Oil Rollers 11 GSD Early Release at 2:30	After School Program:3-6pm DIY Activity: Summer Smores 12	After School Program: 1:00-6pm Last Day of After School Program Swimming, Slushies,facepainting & BBQ 4-6pm SSD Early Release at 11am GSD Early Release at 12:30 13
After School Closed Getting Ready for Summer Rec. 16	17	18	19	20
After School Closed Summer Rec Training Week for Staff 23	24	25	26	27
30 First Day of Summer Rec 2025 8:30-3:00pm				
Key: SSD – Shelton School District GSD – Griffin School District	After-School Mealtimes: Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm	Activity Time: 5:00-5:45pm Swimming: Thursdays: 4-5pm		

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



YOUTH CENTER



Basketball

April 2025, we had the opportunity to host our 2nd Annual Splash City Basketball Tournament! We had 15 teams playing in our 3-day tournament, and 11 Tribes attended, coming from as far as Spokane!



Skok vs Squaxin, 15u



Coach Caleb & Coach Tae'lor with the 15u team



Judah Thale taking a leadership role on the 18u team



Elianna Perez won the All Star award for 12u



JUNE 2025 POOL CALENDAR

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 LS/OS: 8:30 AM - 5:30 PM	2 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 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 - 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	5 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	6 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	7 CLOSED FOR PRIVATE POOL PARTY!
8 LS/OS: 8:30 AM - 5:30 PM	9 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 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 - 4:00 PM ASP: 4:00 PM - 5:30 PM	12 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	13 LS/OS: 8:30 AM - 3:30 PM LAST DAY OF ASP POOL PARTY 3:30 PM - 5:30 PM	14 LS/OS: 8:30 AM - 5:30 PM
15 CLOSED FOR PRIVATE POOL PARTY!	16 LS/OS: 8:30 AM - 5:30 PM	17 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	18 LS/OS: 8:30 AM - 5:30 PM	19 CLOSED HAPPY JUNE TEENTH	20 LS/OS: 8:30 AM - 5:30 PM	21 LS/OS: 8:30 AM - 5:30 PM
22 LS/OS: 8:30 AM - 5:30 PM	23 LS/OS: 8:30 AM - 5:30 PM	24 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	25 LS/OS: 8:30 AM - 5:30 PM	26 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 12:00 PM - 5:30 PM	27 LS/OS: 8:30 AM - 5:30 PM	28 LS/OS: 8:30 AM - 5:30 PM
29 LS/OS: 8:30 AM - 5:30 PM	30 LS/OS: 8:30 AM - 9:30 AM SR: 9:30 AM - 11:00 AM LS/OS: 11:00 AM - 1:00 PM SR: 1:30 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	1	2	3	4	5

NOTE

KEY:

- LS: LAP SWIM
- EA: ELDERS AEROBICS
- OS: OPEN SWIM
- SYP: SKOK YOUTH PROGRAM
- ASP: AFTER SCHOOL PROGRAM
- SR: SUMMER REC

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

POOL OFFICE:
360-432-3873



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.

Thanks to Dorinda Thein!

On May 7th, Dorinda Thein was blanketed by members of the Elders Committee (Elizabeth Krise left and Debra Mattson right) for her 8+ years of service as Elders Committee Chair and time spent volunteering for numerous events and activities, including gift giving and crafts such as quilting. Thank you so much, Dorinda!



Learn to Clean and Thread Sewing Machines and Sergers

Need Sewing Tips and Tricks?

Make the most out of your tablets!

Bring It Fridays!!

I will be in the Elder's Building most Fridays to help Elders with more advanced and one-on-one projects. Bring your equipment in for tips or set up help. Email me at JEMeyer@Squaxin.us, or stop by the Elder's building, to let me know what you would like to bring in for help or if you have any questions on what I can help with!

Need Help Connecting your Smart Devices?

Have a Cricut you don't know how to use?

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

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.



SICDC Honors Red Dress Day with Awareness Walk for Missing and Murdered Indigenous Peoples

On May 5, 2025, the Squaxin Island Child Development Center (SICDC) came together to honor Red Dress Day, the national day of awareness for Missing and Murdered Indigenous Peoples (MMIP), particularly women and girls. In a powerful act of unity and remembrance, the entire Center participated in an awareness walk around the SICDC parking lot. Staff and students wore red shirts displaying the MMIW (Missing and Murdered Indigenous Women) message, and some carried signs to amplify awareness.

Before the walk began, Center Director Janita Raham offered heartfelt, age-appropriate words to help children understand the significance of the day. She said, "Today, we're going to take a quiet moment to think about something very important. There are some mommies, aunties, sisters, and friends - especially Indigenous women - who are missing or who were hurt and aren't with us anymore. That makes many people very sad. We wear red and hang red dresses sometimes to help remember them and to show love for their families. We do this because every person is special, and we want everyone to be safe and cared for."

So let's all be kind to each other, use our listening ears, and remember that love and respect are very important. Thank you, friends!"

The event served, not only as a symbol of remembrance, but also as an important learning moment for young children rooted in compassion, cultural respect, and community awareness. SICDC remains committed to fostering understanding and honoring the lives and stories of Indigenous peoples - past, present, and future.



SICDC

OPEN ENROLLMENT

Exciting news! Early Head Start open enrollment for qualifying families of Infants 1 month to 6 months old!

SECURE YOUR SPOT TODAY!

Learning

Family Support Network

Health & Wellness

Contact to Apply!
Use information below

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





Traumatic Brain Injury Resource Bundle
for American Indians

Concussion Recovery

Today, Mr. Lewis, the physical education teacher at Heritage High school, and Mrs. Deer, the school nurse, have called a special student assembly to discuss the risk of concussions.

BECAUSE SO MANY OF YOU PLAY SPORTS, WE CALLED THIS SPECIAL ASSEMBLY TO TALK ABOUT CONCUSSIONS.

FIRST, DOES ANYONE KNOW WHAT A CONCUSSION IS?

IS IT WHEN YOU HIT YOUR HEAD REALLY HARD?

THAT'S CORRECT! A CONCUSSION IS CAUSED BY A BLOW TO OR SUDDEN MOVEMENT OF THE HEAD THAT CAUSES THE BRAIN TO MOVE BACK AND FORTH QUICKLY.

Mrs. Deere explains that a car or bike crash, a fall, or a sports injury can cause a concussion.

<https://bit.ly/TBIBundle> 1

Concussion Recovery

DOES A CONCUSSION CAUSE LONG-LASTING DAMAGE TO THE BRAIN?

GREAT QUESTION! MOST PEOPLE WITH CONCUSSIONS HAVE TEMPORARY SYMPTOMS FOR A BRIEF PERIOD. TYPICALLY, SYMPTOMS ARE WORSE AT FIRST AND LESSEN WITH TIME.

Mr. Lewis explains that symptoms from a concussion may include...

- A headache
- Poor concentration or trouble thinking clearly
- Fatigue or feeling tired
- Problems with memory
- Dizziness or blurry vision
- Nausea or upset stomach

WHAT TIME IS MY DOCTOR APPOINTMENT AGAIN?

<https://bit.ly/TBIBundle> 2

When to Eat

Have you ever heard the saying: “Eat breakfast like a king, lunch like a prince, and dinner like a pauper.” It’s not bad advice. It’s also the opposite of how most people in the United States eat, with dinner often being the day’s largest meal. Scientists are still untangling how meal size and timing might affect health. But they do know one thing: It’s probably best to avoid making dinner your largest meal. Many Americans are so busy that they don’t have time to eat a substantial meal until the evening. It’s a striking contrast to eating habits in European countries, where lunch is typically the largest meal. A traditional European dinner is light, consisting of vegetable or fish soup, a slice of bread with cheese, and a salad.

For decades, nutrition researchers have focused on what, not when, people eat, so we don’t have many large or long-term studies on the influence of meal timing on health. The studies we do have show that those who consume a greater percentage of calories in the evening tend to be at higher risk for obesity, Type 2 diabetes, high blood pressure, and higher levels of inflammation.

Your body’s internal clock, which regulates how your cells function, may be at least partly to blame. In the morning, your body is primed to handle a big meal. It is ready to absorb nutrients and distribute them to your cells to fuel the day’s activities. But gradually, as the day progresses, the organs that help you metabolize nutrients, like your liver and pancreas, slow down and become sluggish.

Researchers see these effects most clearly in blood sugar levels. If you consume two identical meals, one in the morning and one in the evening, your blood sugar spike will be larger and will stay elevated for longer after the evening meal. And when your levels of melatonin — a hormone that signals it’s time to sleep — rise an hour or two before bedtime, that suppresses insulin secretion from the pancreas, making it harder for your body to regulate your blood sugar.

If your blood sugar is frequently elevated from large evening meals, your risk of developing high blood pressure, chronic inflammation, obesity and Type 2 diabetes increases.

Research also suggests that consuming large meals at night can increase the activity of certain metabolic pathways that lead to fat storage while you’re sleeping. In fact, in a 2022 review of nine weight loss trials, researchers found that those who consumed the most calories at breakfast or lunch lost slightly more weight than those who consumed the most calories at dinner. They also had better insulin, glucose and LDL (or “bad”) cholesterol readings.

In another recent study at the University of Aberdeen in Scotland, researchers found that people were less hungry throughout the day when their largest meal was breakfast compared to lunch or dinner.

Dinner doesn’t necessarily have to be your smallest meal of the day, but ideally, it shouldn’t be the largest, and it’s best to avoid eating late into the evening.



Concussion Recovery

Issues with noise or bright light

Irritability or changes in mood

Problems with sleep or sleepiness

WHAT MADE YOU SO ANGRY JUST NOW?

IT IS IMPORTANT TO KNOW THAT THESE SYMPTOMS ARE PART OF THE RECOVERY PROCESS.

If you have symptoms after a concussion, it doesn't mean that you will have complications or permanent brain damage. Most people who have a concussion will recover in a few hours, a week, or a few months.

IS THERE ANYTHING THAT YOU CAN DO ABOUT CONCUSSION SYMPTOMS?

IF YOU ARE EXPERIENCING CONCUSSION SYMPTOMS, INFORM THOSE WHO NEED TO KNOW SUCH AS PARENTS, TEACHERS, OR COACHES RIGHT AWAY. ALSO, MAKE SURE TO PACE YOURSELF AND GET THE REST YOU NEED.

If your concussion symptoms get worse, it may be a sign that you are pushing yourself too hard. Slow down and take care of yourself. It is best to relax for a few hours each day and slowly increase your activity. You may try light exercise and mental activity.

<https://bit.ly/TBIBundle>

3

Concussion Recovery

WHAT ABOUT THAT THING THAT HAPPENS TO SOME FOOTBALL PLAYERS OR OTHER ATHLETES AFTER A CONCUSSION?

THAT'S CALLED CTE. CTE STANDS FOR CHRONIC TRAUMATIC ENCEPHALOPATHY. CTE IS BELIEVED TO BE CAUSED BY REPEATED BLOWS TO THE HEAD OR CONCUSSIONS, OFTEN EXPERIENCED IN A SHORT TIME.

Mr. Lewis explains that one or two concussions will not lead to long-term problems such as CTE. However, once you have had one or more concussions, it is best to take steps to prevent future concussions.

AND REMEMBER THAT SUPPORT FROM YOUR FAMILY AND FRIENDS CAN BE HELPFUL AFTER A CONCUSSION. YOU MAY ALSO WANT TO TALK TO OTHERS WHO HAVE BEEN THROUGH SIMILAR EXPERIENCES.

THANK YOU ALL FOR A WONDERFUL ASSEMBLY.

<https://bit.ly/TBIBundle>

4

Source: The content of this infocomic was adapted from the factsheet entitled Concussion Recovery, which was developed by Robin Hanks, PhD, Kathy Bell, MD, and Laura Dreer, PhD in collaboration with the Model Systems Knowledge Translation Center (<https://msktc.org>).

Disclaimer: This information is not meant to replace the advice of a medical professional. You should consult your health care provider regarding specific medical concerns or treatment. The contents of the infographic were developed under a grant from the National Institute on Disability, Independent Living, and Rehabilitation Research (NIDILRR grant number 90DPKT0008). NIDILRR is a Center within the Administration for Community Living (ACL), Department of Health and Human Services (HHS). The contents of this infographic do not necessarily represent the policy of NIDILRR, ACL, or HHS, and you should not assume endorsement by the Federal Government.

Copyright © 2024 American Institutes for Research. May be reproduced and distributed freely with appropriate attribution. Prior permission must be obtained for inclusion in fee-based materials.



Traumatic Brain Injury Resource Bundle for American Indians



<https://bit.ly/TBIBundle>

5

When to Eat

Start by prioritizing a nourishing breakfast, one that incorporates protein-rich foods like Greek yogurt, eggs or beans. People sometimes say they're not hungry in the morning, which may be due to a large dinner or snacking the night before.

Make time for a substantial lunch. When dinner comes around, you'll be less hungry and less likely to consume a bigger meal. And you may be less enticed by late-night snacks.

If you do find yourself ravenous at dinner or later in the evening, do not eat processed foods, especially those high in added sugars and sodium. Instead, prioritize lower calorie foods that will fill you up without spiking your blood sugar, like legumes, grilled fish, chicken breast, vegetables, fruits and whole grains.





Some Emotions May Seem Like Fangy Beasts, But I Assure You They Don't Bite!

Dr. Fergie - If I were to sneak up on my officemate when she was least expecting it and yell "Boo!" she would respond in an entirely predictable way. Her brain would unconsciously register a "threat" causing her heart to race and her breathing to become shallow and rapid. Her facial, neck, and back muscles, among other muscle groups, would flex in unison. Chances are her eyes would widen and her pupils dilate. She would probably freeze as if she were hit by a ray gun set to stun, like in those old Sci-Fi B-movies (fight, flight, or FREEZE – the classic "stress response").

It is safe to say you would call this emotion fear. In Lushootseed, the word is "sʔaʔab". The Quileute word for it is "k'uu". In Cree, the word for fear is "kisewât". The Navajo call it "t'ááłáhii". Spanish speakers call it "miedo". The French call it "peur". It is "angst" in German; "osore" in Japanese; "korku" in Turkish; "duryeoum" in Korean; "Rädsla" in Swedish; and "Hài pà" in Chinese. An estimated 7,000 languages are currently spoken globally. Given fear's apparent universal nature, it is reasonable to conclude that every language has a word for it. It also begs the question: If we share fear, do we also share other emotions?

If you have seen either acclaimed animated feature *Inside-Out* (2015) or *Inside-Out 2* (2024), or the television crime drama, *Lie to Me* (2009-2011), you are already somewhat familiar with the world of Paul Ekman. He consulted on those projects. Dr. Ekman, a celebrated American psychologist, is best known for his pioneering research on human emotions. He lives and breathes this stuff. During the second half of the 20th century, he and his colleague, Wallace Friesen, explored whether universal human emotions exist. They traveled to the far ends of Papua New Guinea to study emotions with the Fore Tribe. This tribe had minimal contact with the outside world, least of all, two awkward social scientists with pen and clipboard in hand, cameras slung over their shoulders. Ekman and Friesen reported six basic emotions that Fore Tribal members could easily identify: (1) Happiness, (2) sadness, (3) anger, (4) fear, (5) surprise, and (6) disgust. It turns out, further cross-cultural research conducted in many countries in the decades that followed supported the notion of basic human emotions. In other words, we are hardwired for emotions or, if you would like a cooking analogy, they are baked into our human DNA.

Our emotional lives, of course, encompass far more than six basic emotions. For example, ceremon-

ies such as Sweat Lodges, Ghost Dances, Sundances, and Potlatches, among many other rituals, result in the formation of deep emotional bonds to Mother Earth, community, one's cultural past and, not least, the spiritual world. These boundless connections are characterized by a complex and ever-changing array of feelings, which vary in both intensity and expression depending on the context.

It, therefore, should come as no surprise that in the decades that followed Dr. Ekman's seminal research, social and brain scientists have identified other emotional categories including, but not limited to, shame, guilt, jealousy, contempt, pride, grief, and boredom (incidentally, if you are experiencing boredom reading this, you are not alone!). So, what are emotions, anyway?

What is an Emotion?

The American Psychological Association and similar organizations define emotions as a complex mental state that results from the combination of strong feelings, thoughts, and bodily reactions. Furthermore, our emotional reactions are influenced by how we interpret our surroundings, which helps explain why people can react quite differently to the same event. A history of multiple or complex traumas, for example, can lead individuals to view the world with suspicion, seeing potential threats at every turn (real or imagined), even during neutral or harmless interactions. Unexpected and intense emotional displays can be quite jarring and leave those unfamiliar with trauma feeling surprised, unprepared, and even shocked.

In contrast, interpreting someone's gestures as kind, loving, or helpful (even when they are not!) usually leads to positive emotions and a desire to connect with others. Scammers take advantage of people's vulnerabilities by pretending to be helpful (which leads victims to interpret their actions as trustworthy), resulting in victims feeling positive emotions. This tactic distracts victims from the emotions they should be feeling — suspicion and fear — about the potential danger of the situation.

Why Do We Have Emotions?

We have emotions because they help us adapt to the world around us, a gift from Mother Earth. Imagine a world without emotions. Our ancestors' survival depended on their fear of the many predators that hunted them. Lions, tigers, leopards, constricting snakes, Komodo dragons, sharks, crocodiles, wolves, hyenas, and saber-toothed cats (now extinct), among

other species, hunted humans for food. A three-million-year-old toddler's skull, a celebrated hominid fossil unearthed in Taung, South Africa, for instance, displays evidence of puncture wounds to the eye sockets that strongly suggest attack by a large bird of prey (like the African crowned eagle).

Humans never evolved natural defenses like claws, fangs, horns, or a thick hide, so survival of the fittest for us meant "survival of the most anxious." Humans by nature are "fraidy cats." We startle easily. Most of us fear the dark, spiders, snakes, heights, strangers, loud noises, isolation, or dead bodies (because whatever killed them might infect us), among other things. In the absence of fear (and the associated stress response), our ancestors would have become easy prey or found themselves in dangerous situations. For instance, our ancestors' innate fear of magnificent but dangerous animals like venomous spiders and snakes, and bears prevented disastrous outcomes that might have occurred had they attempted to, say, cuddle an adorable bear cub while the mother was occupied or play with a coiled rattlesnake or a mesmerizing spider with a red hourglass on its shiny black abdomen.

On the opposite end of the emotional continuum, happiness and excitement motivated our ancestors to forage for food, hunt, fish, or seek out a mate. Finding a blackberry bush bursting with juicy berries not only filled their bellies with nutritional goodness but bathed their brains in dopamine (the reward neurotransmitter and hormone), reinforcing the behavior that led to this exhilarating find. In a similar vein, angling with thread made from plant fibers and bone grated into a fishhook was also rewarded by Mother Earth because the ingenious behavior of crafting fishing gear resulted in filling their bellies with essential nutrients. Suppose they could not care less about those things? They would have starved and, if they had no romantic interest in each other, they would have become no one's ancestors. Emotions are Mother Earth's way of assigning value to things, good and bad.

Because we have not received a genetic upgrade in over 50,000 years, our basic emotional responses remain fundamentally unchanged from those of our ancestors. While culture, language, and technology have evolved dramatically, the basic neurological "wiring" of the human brain remains unchanged. Sexual jealousy, for example, probably looks a lot like it did 30,000 years ago although, rather than club our romantic rival over the head, in modern times we might call to give them an earful, spread



malicious rumors about them, or trash talk them on social media. Of course, many individuals still resort to bludgeoning romantic rivals, which is why, even in the 21st century, “crimes of passion” or “heat of passion” criminal defenses remain prevalent in legal circles.

What Is Experiential or Emotional Avoidance?

Like our ancestors, we mostly think, plan, and act to feel “good” and steer clear of feeling “bad.” Our feelings do not just shape our thinking — they also spur us into action.

Experiential or emotional avoidance is defined as escape or avoidance of unpleasant thoughts, feelings, memories (“painful” or “sad”), physical sensations (e.g., nausea, hunger, thirst, fatigue, or pain), as well as unpleasant events, people, or objects that trigger these. A stuffy room where you feel hot and woozy increases the likelihood that you will open a window (allowing fresh air to rush in) or leave. A freezing room that makes you feel unpleasantly cold increases the chances that you throw on your jacket, turn up the thermostat, or turn off air conditioning (“escaping” the cold). Again, you might simply move to a warmer part of the house.

Behaving in those ways allows you to escape unpleasant stimulation. Unpleasant stimulation motivated you to do something. Similarly, seeing rain outside increases the chances that you will don a rain jacket or umbrella before taking your dog for a walk, to avoid getting wet. Wearing a rain jacket or taking an umbrella with you before heading outdoors when it is raining allows you to avoid encountering unpleasant stimulation (most people do not like getting wet in Washington weather, especially in the fall and winter months!).

In the short term, experiential avoidance can be useful in limited or temporary ways. Distraction, for example, may be an effective strategy for the management of unwanted emotional responding when the source of that response is temporary (i.e., wearing headphones during a dental procedure or getting blood drawn at the clinic). Of course, if you are afraid of heights (acrophobia), you might choose not to live on the 30th floor of your apartment or walk across the Tacoma Narrows or Deception Pass Bridge. Avoiding heights probably would not appreciably impact your life unless you were, say, an ironworker or window cleaner for high-rise buildings like the Seattle Space Needle. But what if the emotional pain is caused by something lasting or unchangeable, like past trauma or choices you made that negatively impacted those you care most about? Sometimes, there are mistakes you can never

undo — like betraying someone’s trust, saying hurtful things in the heat of the moment, or making reckless decisions in Vegas that leave you feeling like you are trapped in your very own version of *The Hangover*. Those moments can stick with you long after the dust settles (and Mike Tyson’s tiger is safely returned home).

Although attempts at thought suppression and control might seem beneficial in the short term, considerable scientific evidence indicates that, in the long run, these methods are likely to prove counterproductive by amplifying the very thoughts and accompanying emotions you are seeking to eliminate (i.e., “The more you don’t want it, the more you have it”). In the classic cold pressor test, for example, a research participant is asked to submerge their hand into ice-cold water for as long as they can tolerate it. Studies suggest that an acceptance-based approach to pain management — acknowledging and accepting the pain — is associated with significantly increased pain tolerance (i.e., they hold their hands in ice water longer) and reduced pain ratings compared to their research counterparts being instructed to ignore the pain.

Experiential Avoidance and Psychological Suffering

It is unclear why, but some people choose avoidance as a main coping strategy for managing life’s challenges. For example, the intense anxiety triggered by public places like grocery stores might lead some individuals to avoid them altogether due to fear and discomfort. One can always order groceries online, so no big deal, right? But avoidance begets avoidance. Avoidance has a sneaky way of trickling into other vital areas of life as groups of people gather in a variety of settings, not just grocery stores. Places of worship, birthday parties, culture night, powwows, and canoe journey, are just a few examples where large groups of people gather. The core reason for these gatherings is to connect, share deeply meaningful experiences, and enjoy laughter together. Humans are by our very nature social beings, which is why we have been gathering since time immemorial. It is one thing to never step foot in another grocery store, it is another to deprive oneself of such spiritual riches. In time, a person who avoids public places becomes increasingly isolated due to their fear of traveling or leaving their “safe environment.” Their fear-driven agenda vastly narrows the world in which they live.

What I just described is called agoraphobia (fear and avoidance of places or situations that might cause panic and feelings of being helpless or trapped). Obsessive-compulsive disorder (OCD) similarly in-

volves engaging in avoidance-maintained repetitive behavior or mental acts (compulsions) to rid oneself of intrusive or unwanted thoughts (obsessions) and their associated unpleasant emotions. Individuals with OCD-related contamination anxiety (fear of contracting diseases) can wash their hands until they bleed, and their rituals become so time-consuming that they profoundly interfere with daily life (causing disability).

People trapped in problematic opioid use buy Suboxone (a medication to treat opioid addiction) on the street or use heroin or fentanyl to simply avoid getting “dope sick” (e.g., nausea, vomiting, excessive sweating, insomnia, muscle aches, etc.). The debilitating effects of opioid withdrawal, not least the severe pain and anxiety it causes, prevents many individuals from seeking help, even if they desperately want to stop using their drug of choice. Likewise, individuals who struggle with alcohol use may resort to an “eye-opener” or “hair of the dog” in the morning to alleviate or avoid the unpleasant physical and emotional effects of a hangover resulting from their excessive drinking. They, too, engage in avoidance-patterns that can eventually morph into full-blown alcohol dependence.

Since recreational cannabis became legal in 2014, we see a similar rising trend in patterns of problematic use. A morning “hit” before work or class is comparable to an “eye-opener,” but, interestingly, individuals engaging in such practices often do not see how these two things are alike (but in principle they are).

Social anxiety, Post-Traumatic Stress Disorder, psychotic disorders, like schizophrenia and delusional disorder, and eating disorders, such as anorexia and binge-eating disorder, all share experiential avoidance as a core feature. A core element of learning disorders, though not obvious, is also avoidance. Persons with dyslexia avoid reading because it is incredibly frustrating and embarrassing when having to read aloud to others. So, rather than read silently in class like other students (or pretend to), they might mentally escape and stare off into space or engage in disruptive behavior that gets them removed from class (physical escape). Of course, they might also feign illness to avoid having to go to school in the morning or skip those classes where they struggle most (typically, English and/or mathematics). A core feature of Attention-Deficit/Hyperactivity Disorder (ADHD) is low frustration tolerance. Persons with ADHD avoid activities requiring sustained focus because, like persons with reading disorders, such activities are extremely frustrating and emotionally painful (e.g., they often feel like failures). Similarly,

Continued on Page 22



Some Emotions May Seem Like Fangy Beasts, But I Assure You They Don't Bite!

Continued from Page 21

the so-called “stimming” and “meltdowns” displayed by autistic individuals is their way to escape or avoid extremely unpleasant “sensory overload” due to sensory-integration challenges. Sensory overload, incidentally, induces symptoms of panic.

One Solution to Experiential Avoidance Is Using Acceptance-Based Therapeutic Approaches

Due to page restrictions, the author cannot describe recommended treatment approaches in any detail. At any rate, Acceptance and Commitment Therapy (ACT; which is offered at Squaxin’s Behavioral Health Outpatient Program, BHOP) directly addresses problematic emotional and behavioral avoidance. Learning mindfulness, cognitive defusion from unhealthy thoughts (see below), identifying personal values (values clarification), and pursuing committed action are a few of the strategies you will learn. Dialectical Behavior Therapy (DBT) is another therapeutic approach offered at BHOP, which directly addresses problematic avoidance patterns (e.g., intentional self-harm, drinking, “sabotaging” relationships, etc.). Like ACT, DBT employs mindfulness. It also teaches you how to manage and tolerate stress, as well as learn other very useful emotional regulation skills.

Prolonged exposure therapy, Eye Movement Desensitization and Reprocessing (EMDR), and written exposure therapy (WET) are the recommended treatments for trauma-related symptoms and fear-motivated behaviors. These services, too, can be accessed at BHOP. I suppose it is like a one-stop shop.

Just to get a taste of some things you might learn at BHOP, let us close with a couple brief experiential exercises from ACT designed to promote acceptance and help you move away from experiential avoidance. Have at it!

Cognitive Defusion: A Different Point of View on Thinking

Main Idea: Looking AT thoughts, rather than looking out FROM thoughts. Observing thoughts without getting caught up in the content of thoughts. Seeing thoughts for what they really ARE, not what they SEEM to be (e.g., the thought of dying during a panic attack does not mean a person is literally dying).

Goal of Cognitive Defusion: It is NOT to feel

better or rid yourself of unwanted thoughts or emotions. Rather, the aim of defusion IS to reduce the influence of unhelpful thinking patterns upon your behavior; to allow you to be fully “present,” to fully experience what is going on; and to increase awareness of how your self-talk is affecting your ability to pursue a value-directed, meaningful life.

When to Use It: When your thoughts seem to be controlling your life, not your values (or what matters to you).

Specific Exercises:

A. THOUGHTS-ARE-AN-OPEN-BOOK. (1) Find a quiet place to sit, free from distractions. Close your eyes. Imagine yourself sitting in front of an open book. The pages are blank and unmarked. The book is under a lamp and the room is dark around you. Perhaps, you imagine yourself sitting inside an old library or old book store that smells of dusty volumes. (2) Thoughts will arrive. As thoughts, emotions, memories, sensations, images, judgments, etc., arrive in your mind – using your imagination – picture yourself gently pulling these thoughts from your forehead and gently allowing them to “drip” onto the page, as if they were ink or contained in ink. (3) See what was in your mind, just moments ago, magically reappear on the pages before you. See those images, as if they were illustrations. Read the words that were once spoken in your mind. See the image of yourself stooped over from back pain, etc. (4) Although this surely sounds strange, notice that there is someone noticing these thoughts.

B. WORDS GROWING WILD.

(1) Find a quiet place to sit, free from distraction. Close your eyes. Imagine yourself sitting or kneeling in your garden (or your mother’s garden, grandmother’s garden, auntie’s garden, etc.). Feel the warmth of the sun on your back, penetrating your muscles. Feel the warmth on your neck, on your cheeks. Hear the wind moving

through the trees. Hear the buzz of insects, etc. In your imagination, see several holes in the earth directly in front of you. (2) Thoughts will arrive in your head – thoughts about the present, the future, or the past. Sensations might arrive that were sent from your big toe. A memory might pop up like a strobe flash, igniting a powder keg of emotions and related memories. (3) Using your imagination, gently pull the thought, the sensation, the painful emotion, the memory, etc., from your forehead and place it into one of the holes. Imagine some resistance as you pull the thought out, as if you were gently tugging on a carrot from moist earth. Insofar as you do not tug so hard that the carrot top breaks off, gently “pull” the thought from your mind – do not yank it out. Likewise, gently place the thought or memory into the hole as if it were somewhat fragile. (4) Notice yourself noticing these thoughts. See yourself seeing your inner life gently unfurling before your very eyes like watching Mother Earth’s miraculous creations bloom in springtime.

Squaxin Island Tribal Health Clinic is having a

Pap-a-Thon

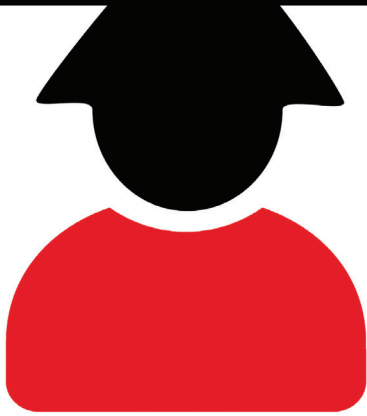
Are you due for a screening? Come in during our pap-a-thon and receive an incentive!

June 27th
from 8am-3pm
@
Squaxin Island Clinic

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



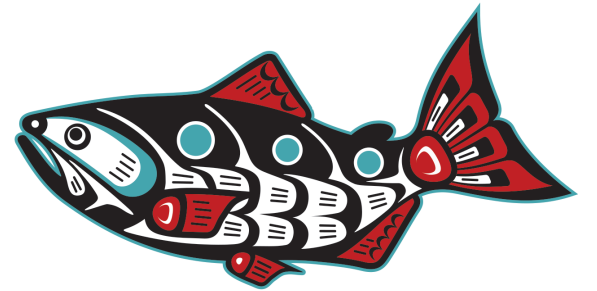
Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us



Fin-Fish Licenses

July 1st 2025-
December 30th 2025



Fishing season is quickly approaching. Contact Natural Resources to pay your license (360)432-3802 & (360)432-3805



RENEW SQUAXIN ISLAND TRIBAL VESSEL REGISTRATION

BOAT



JUNE 30TH



TABS

VESSEL REGISTRATIONS WILL EXPIRE JUNE 30TH 2025. CONTACT NATURAL RESOURCES TO RENEW YOUR REGISTRATION (360)432-3802 & (360)432-3805



Road Tripping With Your Pet

Visit the Vet:

Make sure your pet is healthy enough for travel. Obtain necessary documents such as proof of vaccinations and health certificates. Note: Even if you're not taking Fido out of the country, many states have "animal import regulations" and require Certificates of Veterinary Inspection. Request a copy of your pet's medical records, especially if Fluffy has ongoing health issues or is on medication. Confirm that your pet is current on vaccinations and appropriate preventatives (flea, tick, heartworm, etc.) both for your hometown and your destination. Properly trimmed nails can prevent injury (to or by an anxious pet) and property damage (to your car's upholstery or your relative's new leather couch).

Identification Please!

Be sure that your pet is micro chipped, and that your contact information, including your cell phone number, is up-to-date. It won't do much good to call your home if the whole family is away or has moved. Fido should be outfitted with a secure collar or harness with proper tags and your cell phone number, too.

Car Safety:

Properly secure your pet inside your vehicle. Securing your pet will not only protect her, it will also minimize distractions for you. Ideally, your pet should be housed in a properly-secured crate. The crate should be just large enough for Fluffy to turn around in and be well ventilated (i.e., not buried under stuff on all sides). It should also be out of direct sunlight. If Fido is not crate trained, then securing his harness to a seatbelt is also an option. Many brands and types of pet safety harnesses are available, both online and at local pet stores. It's best to try them out on shorter outings before beginning your cross-country journey. For small dogs, car seats are also available. Some like PupSaver (www.pupsaver.com) are crash-test rated.

Road Trips:

It's often helpful to exercise your pet before and during long road trips. A tired dog is a mellow dog. Be sure to make frequent stops at rest areas to prevent accidents and to stretch limbs. Don't leave your pet unattended in a car. If possible, choose shady, quiet, well-ventilated spaces when parking. When in public areas, make sure Fido is on a secure leash at all times. You never know what sight, sound, or scent might trigger a pet to bolt!

- Gus, the doggie guy



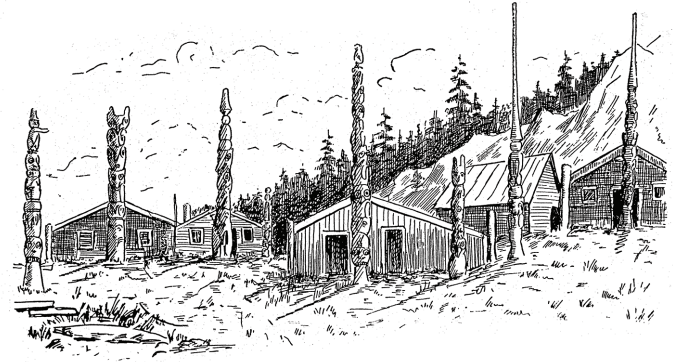
SQUAXIN TRANSIT
A NEW ROUTE TO THE OLYMPIA FARMERS' MARKET
FRIDAYS | 9:30 AM DEPARTURE FROM THE TRIBAL CENTER
MARKET HOURS: 10:00 AM - 12:00 PM



RESERVE YOUR SEAT TODAY!
(360) 490-0567
MNERNEY@SQUAXIN.US

Squaxin Transit

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



IMPORTANT NOTICE FROM THE ENROLLMENT OFFICE

NO APPLICATIONS ACCEPTED DURING JUNE

In accordance with Squaxin Island Tribal Code §5.03.040(E):

"Applications for enrollment may be filed at any time between July 1 and May 30 of the following year. **Applications will not be accepted during the month of June.**"

The Enrollment Office will **not accept any enrollment applications during the month of June.**

We will **resume accepting applications on July 1, 2025**, and all complete submissions received on or after that date will be processed accordingly.

How to Submit an Application:

- **Email:** enrollment@squaxin.us
- **Drop-Off:** Enrollment Office at the Tribal Center

If you have any questions, please contact the Tribal Center and ask for **Enrollment at (360) 426-9781.**

— Squaxin Island Tribe Enrollment Office



“Living-Off-The-Land” for 4,000 Years on the Salish Sea:
Generationally-Linked Traditional Knowledge
By a Suquamish Elder and Archaeologist

GENERATIONALLY-LINKED ARCHAEOLOGY

**“LIVING-OFF-THE-LAND”
FOR 4,000 YEARS ON THE SALISH SEA**



ED EUGENE CARRIERE
SUQUAMISH ELDER

DALE R. CROES
WASHINGTON STATE UNIVERSITY

JOURNAL OF NORTHWEST ANTHROPOLOGY MEMOIR 25

AVAILABLE MARCH 2025

A new book by Suquamish Elder Ed Carriere and archaeologist Dale Croes (who co-managed our Qwu?gwes archaeological site) takes us beyond current rights given to salmon and shellfish, and explores other resources needing to be addressed, including nine species of fish, eleven ducks, deer and elk, berries, and plant materials used for making nets and collecting basket materials.

Available on Amazon, search: Dale Croes

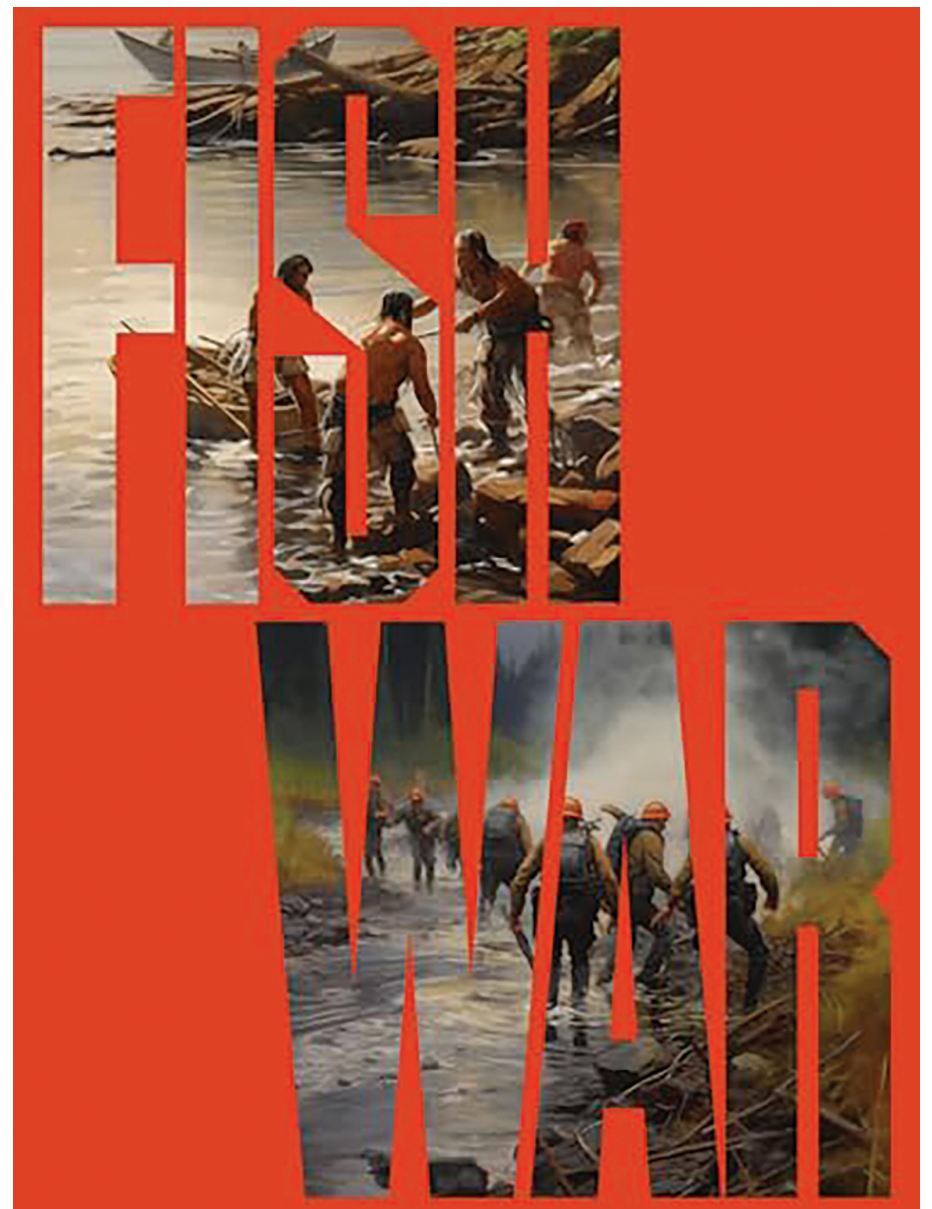
Thanks to the Tulalip Tribes, Squaxin Island Tribe and the Puyallup Tribe of Indians for supporting the publication of this new book. The Squaxin Island Charitable Funds provided funds for permission to use fish paintings by Joseph Tomelleri and funds for mailing the book to museum and tribal libraries.

**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.



Fish War Now Available to Purchase!
<https://geni.us/fishwar>



COMMUNITY



6/1
Alexandra Cooper-Lewis
Jenene Joy Miller
Kenai Alexander Blueback

6/2
Zachary Stuhqayo Johns

6/3
Angeline Slocum-Jay Lehman
Francis Peterson
Jayde Christina Jewell Smith
Rocky Lane Bloomfield
Tyrone Jade Krise

6/4
James Patrick Sen
Malachi Richard Jean Johns
Wendy Michelle Schlottmann

6/5
Debra Kay Tennis
Emily L. D. Whitener
Julie Mae Goodwin

6/6
Alkai Lee Sanchez
Alyana Rose Van Horn
Dominique Rosalee McFarlane

6/7
David Merle Krise
David Brian Elam
Trisha Rae Blueback

6/8
Elizabeth Marie Seymour
John Daniel Snyder
Lillian Paisley Rose Cramer

6/9
George William Sumner
Julie Rose Van Horn
Kimberly R Peterson
Pamela Sue Hillstrom

6/10
Brandy Nicollette D'Angelo

6/11
Alex Carl Ehler
Hayze Dauntless Johns

6/12
Brandon Michael Greenwood

6/13
Danielle Madison Hall
Teresa Lynn Pfaff

6/14
Ana Marie Pinon
Stephanie Lynne Tompkins

6/15
Casey E. Brown Sr.

6/16
Andre Maxwell Roberts
Andrew Ernest Sigo
Dodie Dorothy Huff
Kristin Robin Penn
Trent Anthony Brown
Yvonne Joy Bell

6/17
Heather Marie Perez
Jackson Louis Cruz
Ronald John Whitener

6/18
Armonie Rose McFarlane
Daniel Chavez Napoleon
Kamela Lee Smith
Tasha Racquelle Rodriguez

6/19
Andrea Marie Sigo
Jacob D. Johns
Nicholas Shane Armas
Vicki Lee Kruger

6/20
Donald Edwin Whitener
Eugene Edward Galos
Jason Two Feather Longshore
Shelby Nycole Dominquez
Verna Beverly Henry II

6/21
Ann Marie Anderson
Beau Michael Henry
Jaime Charles McFarlane
Kyleigh May Peterson
Laurinda P. Thomas
Wynn Dale Clementson

6/22
Alexander James Smith
Rose Marie BlueBack

6/23
Desiree Jo Combes
Lisi Xaire Manu-Saenz
Tamika Sharon Green

6/24
Abigail Harleen Brandt
Christopher David Cain

6/25
Antonio Giovanni Furtado
Beau Michael Henry Jr.
Joanne Faye Decicio
Katherine Elizabeth Smith

6/26
Andrew St. John Barker
Arthur Richard Pleines
Candace Anne Sumner Dani

6/27
Dawn Larie Tom
Geraldine Elizabeth Bell
Robert Lee Cooper

6/28
Hurricane Lucinda James
Jeremiah Jack George
Sequoia Rose Goodfellow

6/29
Fleet Thunder Sky Johns
Jessica Leona Cruz
Judah Krise Thale
Kaitlyn Makenzie Burrow
Zachary Hetzler II

6/30
Dakota Riley Lorentz
Joshua Dylan Mason
Nicole Marie Ducolon



Culture Night

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

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



sg^{wi}ig^{wi}

June 17

**LIFE IS WATER ART DEDICATION
BY TAYLOR KRISE/WEST OLYMPIA ROTARY**

June 20

**WIC
USDA & DIAPER DISTRIBUTION**

June 10

June 13

COURT

Family Court
Criminal & Civil Court

June 5

June 24



**Wishing Redwolf and Uncle Mike a Happy Father's Day!
- Love, Ruthie and Christina**

Elders Menu

Fruit and salad at every meal

MONDAY 2:

Chicken Rice Casserole w/ Veggies

TUESDAY 3:

Chili, Corn Bread

WEDNESDAY 4:

Sausage Pasta Bake, Spinach

THURSDAY 5:

Tuna Sandwiches, Chips

MONDAY 9:

Twice Baked Potato Casserole,
Mixed Veggies

TUESDAY 10:

Broccoli Cheddar Soup,
Ham Sandwiches

WEDNESDAY 11:

Chalupas

THURSDAY 12:

Clam Chowder, Fry Bread

MONDAY 16:

Pizza

TUESDAY 17:

Tomato Basil Soup, Grilled Cheese

WEDNESDAY 18:

Stroganoff, Carrots

THURSDAY 19:

Hamburgers, Mac Salad

MONDAY 23:

Enchilada Casserole, Black Beans

TUESDAY 24:

Italian Sausage Soup, Bread Sticks

WEDNESDAY 25:

Salmon, Red Potatoes, Broccoli

THURSDAY 26:

Sandwich Bar

MONDAY 30:

Fish-N-Chips



SQUAXIN ISLAND CHILD DEVELOPMENT CENTER NEEDS YOUR HELP!

SICDC IS LOOKING TO PURCHASE CEDAR.

CONTACT MARTI PETERSON
360-426-1390
MPETERSON@SQUAXIN.US

3851 SE OLD OLYMPIC HWY
SHELTON, WA 98584
MARTI PETERSON, OFFICE MANAGER
360-426-1390
MPETERSON@SQUAXIN.US



South Puget Intertribal Planning Agency

USDA Foods Program June Delivery Date



Squaxin Island
6/13/25



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 Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



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.



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:
Tuesday, June 10, 2025
SPIPA IPC

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.



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



South Puget Intertribal Planning Agency

June Diaper Distribution



Squaxin Island Tribe
6/13/25

Pull-ups | Diapers | Wipes | More



Need diapers? You may qualify! Households on or near Tribal lands and enrolled in programs like WIC, SNAP, or TANF may be eligible.

Call SPIPA at 360.426.3990