

Squaxin Netpen Releases 2025

By Will Henderson - Back at the end of May, staff released the 2025 netpen coho production. This year, just under 2.6 million coho were released. During the 4-5 month rearing season, staff fed and maintained the fish daily. During rearing, groups of fish were sampled monthly for growth and pathogen monitoring. The fish got weighed and counted to determine their current size and growth progress. Also, some samples of fish got sent to pathology staff at the Northwest Indian Fish Commission for health inspections and testing for disease pathogens.

In recent years, with warmer water temperatures, the program has encountered increased detections of both *Vibrio Anguillarum* and *Vibrio Ordalii* pathogens. *Vibrio* bacteria are present in areas of marine waters and can be harmful to our coho production. The program has experienced some events of elevated loss due to these detections. Policies do not allow fish to be released for a period of 90 days if treated with antibiotics. By the time *Vibrio* is detected and confirmed, it is too late into the rearing season to treat with medication and hold fish for this time frame before release. To help combat this problem, we initiated a proactive approach to vaccinate fish early during transport to the rearing facility, well before *Vibrio* outbreaks occur. Each year we are working with WDFW to administer the *Vibrio* vaccine to the tanker trucks while transporting fish to the netpen site. By using this bath treatment method, fish will be protected against *Vibrio* outbreaks late in the rearing season.

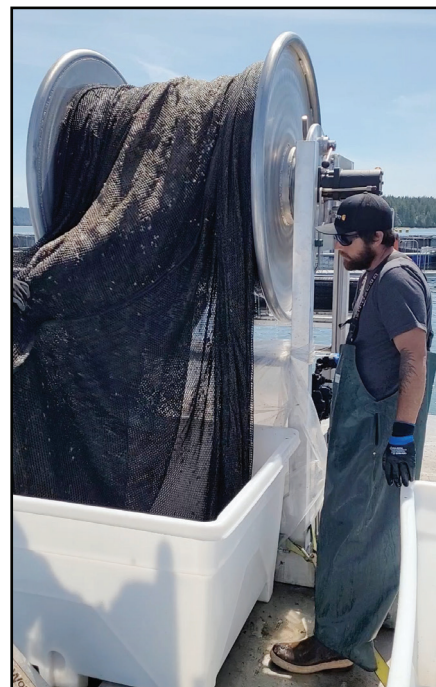
Netpen staff recently initiated nighttime releases. For the second year, we have been releasing netpen coho during the night. Daytime releases have shown heavy predation by seals and marine birds. Our hope is that by releasing fish at night, it will drastically minimize the loss encountered by these predators. To date, the number of predators observed during the night release has been very minimal.

Exciting news for the netpen staff - a hydraulic net pulling drum! Last year we secured a BIA grant to design and build a piece of equipment that can pull out heavy rearing nets. A company in Marysville built the equipment for us and delivered it late last year. After a test run and a few modification changes, we were able to fully use the net puller this season. In previous years, we would need up to a dozen staff members and multiple days to pull nets each year. With this new equipment, we were able to pull out 64 heavy rearing nets in a matter of hours with a handful of staff. Our backs will be saved! A new day house (shelter from the storms) is also in the works. Thanks to netpen and NR staff for another successful rearing season!

Paddle to Elwha



More Canoe Journey photos on Pages 12-20





Squaxin Island TRIBAL NEWS

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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

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

Council Corner

July 10, 2025 Council Meeting

The Squaxin Island Tribal Council met Thursday, July 10, 2025, addressing a full agenda that included wildfire preparedness, hunting regulations, cultural preservation, and community engagement.

Key Actions and Updates

WILDFIRE RESPONSE PLAN ADOPTED: Council unanimously approved Resolution #25-105, adopting the Tribe's first comprehensive Wildfire Response Plan. The plan outlines strategies for protecting critical habitats and lands from fire, coordinating with state and federal agencies, and pursuing training opportunities for tribal members.

HELPERS PERMIT: Councilmember Vicki Kruger raised concerns about the current Helpers Permit language, proposing a revision to allow spouses and additional family helpers for hunting and fishing. Discussion emphasized safety and resource management, with Natural Resources staff tasked to navigate permitting.

CULTURAL PRESERVATION: Tribal member Erik Johnson offered historic artifacts including arrowheads and baskets dating back to the 1800s for the Tribe's consideration. Council referred the collection to the Museum Library and Research Center (MLRC) for appraisal, noting the importance of preserving and sharing tribal history.

COMMUNITY ENGAGEMENT: The Summer Talking Circle was rescheduled for August 6.

HUNTING REGULATIONS APPROVED: Joe Peters presented the 2025–2026 hunting regulations, which Council approved by consensus. Discussions touched on Packwood property access, helpers permits, and potential future gathering policies for cedar.

LEGAL & LIAISON REPORTS: Legal Counsel Nathan Schreiner presented the Tribal Warrants Act certification, confirming Squaxin warrants will be recognized as state warrants once approved. Tribal Liaison Ray Peters provided updates on the Packwood property, the Deschutes Estuary restoration, and Little Creek Oversight Board bylaws.

SPIPA PRESENTATION: Kyle Rogers, SPIPA Executive Director, and Will Martin, Deputy Director, highlighted workforce development and public assistance programs, encouraging greater participation in entrepreneurial and food distribution initiatives.

“HATS OFF TO ELDERS”



An Honoring Luncheon for Elders (55+) hosted by

Squaxin Island Tribal Elders

Wednesday, September 3, 2025

Little Creek Casino Resort Event Center, Shelton, WA

Doors open at 9:30 AM

- Door Prizes/Gifts
- Raffles
- Vendors
- Traditional Salmon dinner

A block of rooms has been set aside at Little Creek Casino Resort, (800) 667-7711 - Mention “Squaxin Elder Host Luncheon”

Please RSVP to Patti Puhn at pattipuhn@gmail.com

Tribal vendors, please contact Jaclyn Meyer at jemeyer@squaxin.us



Community Notes

Council members praised the success of the recent staff picnic and safe Fourth of July celebrations, while also urging preparation for future fire risks.

The meeting adjourned at 11:37 a.m. before moving into Executive Session.

July 24, 2025 Council Meeting

The Squaxin Island Tribal Council gathered on Thursday, July 24, 2025, for a meeting that addressed energy policy, natural resource management, public safety, and significant community development projects.

Key Actions and Updates:

ENERGY POLICY RESPONSE: Council agreed to sign a joint tribal letter opposing recent Department of Interior changes that could cut tribal energy funding. A separate Squaxin letter will also be drafted and signed by Chairman Kris Peters. Council members emphasized the importance of pursuing alternative energy grants.

FY26 FEDERAL BUDGET OUTLOOK: Executive Director Erika Thale presented an analysis of potential impacts to tribal programs, along with a risk matrix and plans for a community-facing budget update. An infographic and website updates will help inform members.

NATURAL RESOURCE CODE UPDATE: Council unanimously approved Resolution #25-106, revising Natural Resource regulations to allow two family assistants to help with shellfish gathering. Concerns about over harvesting and enforcement were noted, with Council agreeing to revisit the rules if needed.

COMMUNITY DEVELOPMENT PROJECTS: Planning Director Chad Bedlington updated Council on multiple initiatives:

- The Slocum Ridge project is on track for completion this year.
- A roundabout project on SR108.
- The bus barn RFP closed and is under review.
- Work continues on the Tribe's Master Plan with an emphasis on housing and infrastructure.

Council discussed strategies to expand home ownership opportunities, including HUD 184 loans.

PUBLIC SAFETY: Chief of Police Ed Harrold reported hiring efforts for new officers, progress on a comprehensive policy manual update, and plans for a tribal hunter safety program. Officers are focusing on community education regarding ATVs, with enforcement as a possible next step.

ISLAND ENTERPRISES & ECONOMIC DEVELOPMENT: IEI CEO David Burnett reported strong revenue growth, particularly at the Tumwater store, though seafood operations remain challenged. Updates

included KTP Express improvements, fee-to-trust progress for properties in Olympia and Shelton, and exploration of new acquisitions. Council encouraged IEI to coordinate with LCCR and contribute to roundabout project costs.

LITTLE CREEK CASINO RESORT: CEO Ramon Nunez reported steady progress on renovations and construction projects, including Tower 2 updates, a new administration building, and arcade development. He highlighted upcoming entertainment events and recognized employees of the month.

Community Engagement

Council members noted upcoming cultural events, including the First Salmon Ceremony on August 7 and Paddle to Elwha protocols on August 4.

The meeting adjourned at 2:10 p.m.



Feedback forms are available for tribal members to provide feedback at the top of each department's main page, as well as the Tribal Council page. Your valuable feedback will go directly to the director of the department and Executive Director, Erika Thale. Please take time to let us know what great ideas and concerns you have.

Feedback forms:
squaxiniland.org



Community Talking Circle with Tribal Council

September 4, 4:30 p.m.
Ballfield

Dinner will be served at 5:00 p.m.

This is YOUR opportunity to chat with your Tribal Council to share your thoughts, concerns, ideas and enjoy time with your community!

Questions? Please call the Tribal Center at 360-426-9781.



Employee Appreciation

On August 18, Salish hosted an employee appreciation luncheon to celebrate the hard work and dedication of our team members. The gathering was a wonderful opportunity to recognize the commitment and contributions that make our company strong.

During the luncheon, Island Enterprises proudly honored Carol Phipps for her 20 years of service to the company. To show our gratitude for her dedication and loyalty, she was presented with a Pendleton in recognition of this milestone.

We are grateful to all of our employees for the passion and effort they bring every day, and we look forward to many more years of shared success together.

Squaxin Island Museum
Library & Culture Center

WATER SOUNDS ART GALA

September 27, 2025
Skookum Creek Events Center
Little Creek Casino Resort

Seeking Cultural Art and
Other Generous Donations

4:30 Doors Open | 5pm Silent Auction
6pm Traditional Dinner | 7pm Live Auction

Contact jgrover@squaxin.us or 360.432.3849 for Donations & Sponsorship Information

ECEAP PROVIDES

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Free Quality Preschool for Native American Children

Early Childhood Education and Assistance Program (ECEAP)
ECEAP Helps Children Enter Kindergarten Ready to Succeed.

Native American Children May Be Eligible

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

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

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Kaiti Krug, Program Manager
360-426-1390
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KKRUG@SQUAXIN.US



Infrastructure Update - Housing, Wellness and Community Center

After many years of conversation, community surveys, and requests for more housing and better services, the Squaxin Island Tribe is now moving forward. Thanks to the leadership of Tribal Council, PCD, Executive Services, and strong community input, real investments are being made in the long-term growth of our community.

This work begins with infrastructure and will expand in phases to include housing, wellness services, and new gathering spaces for all generations.

Why Infrastructure Comes First

Before homes can be built, we must install essential infrastructure - roads, water, sewer, stormwater systems, and utilities. This groundwork is critical to support future development and ensure homes and facilities are safe, functional, and sustainable.

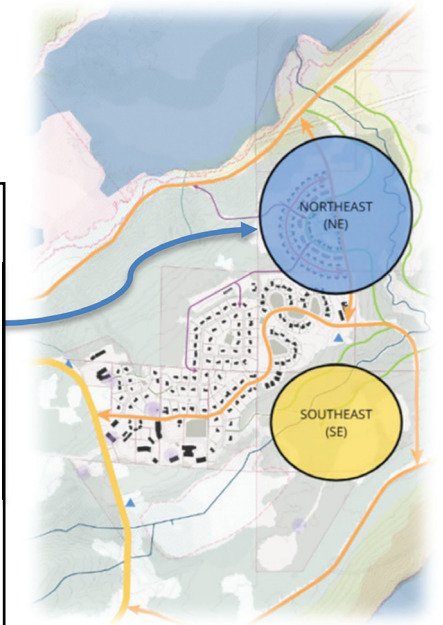
What's Planned: Housing Units (Option 2C)

The Tribe is planning for 70 housing units:

- 32 Single-family homes
- 26 Elder residences
- 12 Multi-family units



Additionally housing locations and alternatives will also be evaluated to the Northeast to offer Tribal members the opportunity to build their own homes through Section 184 or similar programs. This area will be prepared with infrastructure to support home construction on leased parcels.



Project Phases and Timeline (High Level)

Phase 1: Infrastructure (In Progress - Fall 2026)

Crews will begin road grading and install water, sewer, stormwater, electrical, and telecom systems. This work will occur near the Loop Road and central development area.

Phase 2: Wellness Center (Late 2025 – Early 2027)

This will include site preparation and potential building construction for a new health and wellness clinic. This will serve both Tribal members and the wider local community.

Phase 3: Community Development Infrastructure (Starting 2026)

Loop roads, pedestrian access, and utility extensions will continue in preparation for future home construction.

Phase 4: Housing (Rolling Phases 2026–2028)

Housing will be built in phases:

- 4A: Duplexes
- 4B: Single-family homes
- 4C: Elder homes

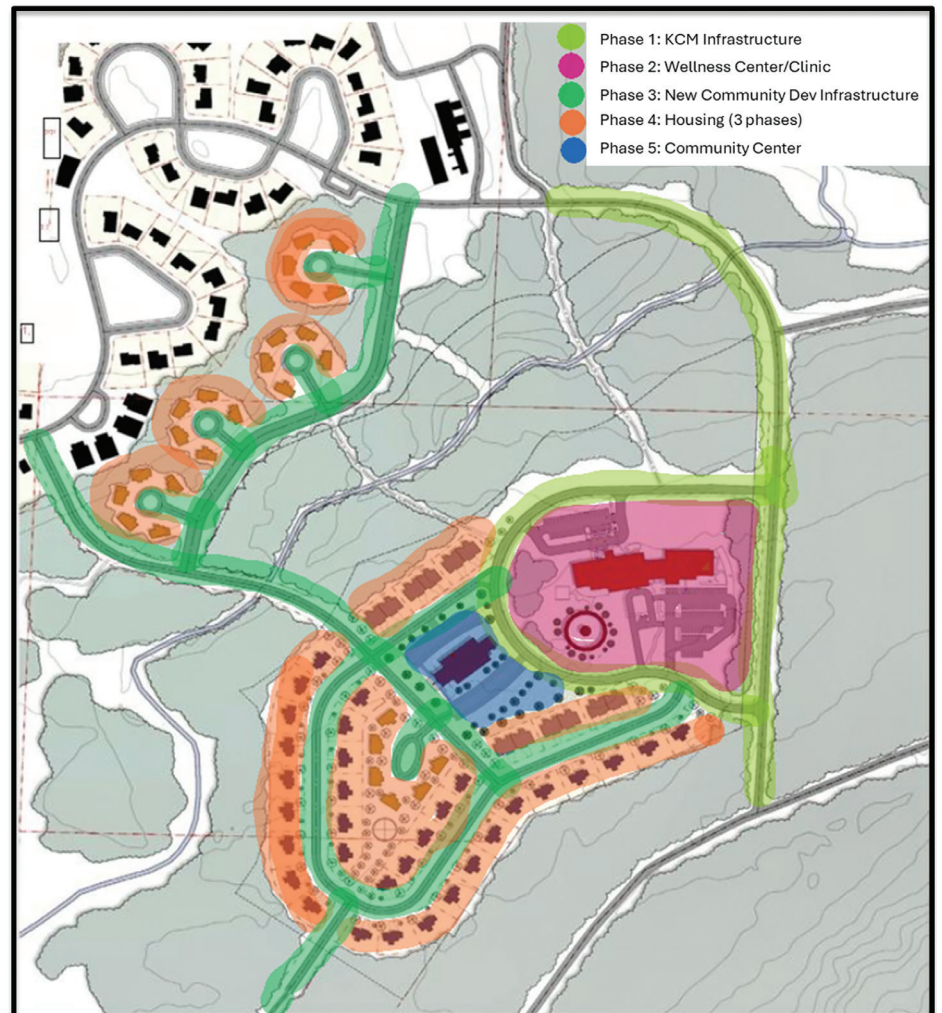
Phase 5: Community Recreation Center (Planned for 2027+)

The final phase includes the development of a gathering space and Recreation Center. Community input and design work will begin earlier and continue through the other phases.

Construction Activity Notice

Heavy equipment and large trucks will be active around development areas. We ask for the community's patience during this work. This activity is part of preparing land for new homes and services that support our future.

Phasing Plan





New Employees



Carolyn Anderson
*Certified
Pharmacy Technician*

Hi! I have been hired as a Certified Pharmacy Technician, and I look forward to meeting you and working with an amazing team.



Cierra Pendleton
Police Officer

Hi! I will be working for the Squaxin Island Tribal Police Department as a Police Officer.

I was born in Texas and after my parents had my older sister, me and my younger brother, we moved to Olympia in 1998. I was raised here, graduated from Olympia High School, and then moved to Oregon to go to college at Oregon State.

While in Oregon, I started working my first job at Fred Meyer in Albany, Oregon. I worked there for almost eight years, four of which were as a Sales Clerk and the other four of which were in Asset Protection (Loss Prevention). This is where my interest in Law Enforcement first started.

In 2021, I decided I wanted to move back up to Olympia where most of my family is, though I needed to find a job first. I started applying for jobs and while I was in the background process for the Olympia Police Department.

In early 2022, I moved up to Olympia and worked as the Asset Protection Manager for Fred Meyer in Tacoma for a while. In May 2022, I started a job as a Crisis Response Specialist for the Olympia Police Department. This was an entirely new field for me

but something I quickly grew to love as I got to work alongside police and was able to commit to helping those in crisis.

I held that position until September 2023 when I made the jump to being a Police Officer for Olympia. I went through their in-house training, went to the Police Academy in Buri-en, graduated there, and then went through Olympia's training process.

Unfortunately the position there wasn't for me and I went back to the Crisis Response Unit in October of 2024.

I have been back there since then, but I knew I wanted to give law enforcement another try. So I applied and got offered the job here with Squaxin, and I'm very excited about this next opportunity!

I'm in a season of change in my life, also purchasing my first home just a few doors down from my parent's house, with my brother and his family living in between us as well.

I am excited to work in a community-focused department where I can get to know people, help the community, and protect it as much as I can.

I have met a few members on the team and have loved getting to know the department so far.

I am excited about the different possibilities and specialties within the department and all of the new opportunities for learning, as well as growing my knowledge, abilities and understanding of the area, the people, and what it takes to be an officer in the area that I know and love.

I am extremely grateful for the opportunity to be a part of this community, and I am excited to be a part of the team.



Kristen Davis
Family Services Director

Hi! I have been hired as the Family Services Director.

I am from the Cooper family. My parents are Theresa and Jim Davis. My grandparents are Buddy and Mable Cooper.

I completed my Masters in Business Administration in 2016 and specialized in Project Management.

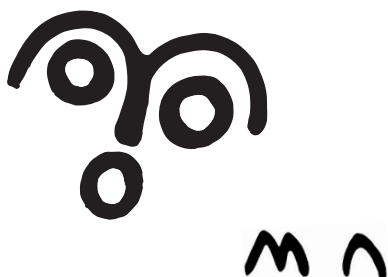
I previously worked 7.5 years with Island Enterprises, Inc. the last two years were as the COO.

I also have five years experience in Software Project Management with IGT.

It has been interesting to learn all the different programs within Family Services, and work with the team who is behind it all.

We have a good team, and some ideas that will allow us to share with the community what happens here at Family Services.

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.



Thank You!
To All of Our Valued Employees!



FIRST SALMON CEREMONY



Photos by Jolene Grover and Lisa Johns





LEARNING CENTER



Stepping Stones

This summer the Stepping Stones youth shined through culture, leadership, and a whole lot of fun. Each week brought new opportunities for our teens to learn, grow, and connect with their community.

We began our summer with weaving alongside Andrea, where the youth learned how to work on the loom to create beautiful pieces, such as tunic vests and wool skirts. It was amazing to see so many youth finish their projects, smiling ear to ear while admiring their hard work.

The following week, the group worked with Skokomish tribal member Joseph Hermann "Lil Bear" to complete their own drums. These drums will continue to carry their voices and songs throughout the year, and we can't wait to see them in action.

Next, the Stepping Stones youth joined our Canoe Family and camped on the Rez for three nights alongside our neighboring Chehalis Tribe. For many, it was their very first time pulling in the canoe and several youth stayed in the canoe for the entire pull! At camp, Lil Bear joined us again to teach the youth how to play stick games, sparking plenty of laughter and friendly competition.

After camping, we jumped right back into programming with mock resumes and interviews. Youth practiced answering job interview questions with one another, preparing themselves with skills they'll carry into their futures.

To close out our summer, we celebrated with some field trips. The youth explored Kennedy Creek Trail, visited the Life Is Water figure in Olympia, and finished the season with an afternoon at the RollerDome, skating until they couldn't skate anymore.

This summer was a season of growth, learning, and joy. I am incredibly grateful to witness our youth blossom through the Stepping Stones Program. Each and every one of them has filled my heart, they are OUR FUTURE, OUR YOUTH. To all the teens: you each have an amazing future ahead of you. YOU ARE WORTHY!

A huge thank you to all the mentors and community members who continue to support Stepping Stones. It truly takes a village. We can't wait to see what the school year brings as these teens continue to take their next steps.

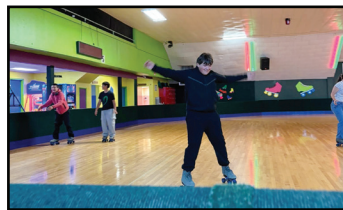
- Keesha Vigil, Teen Program Coordinator



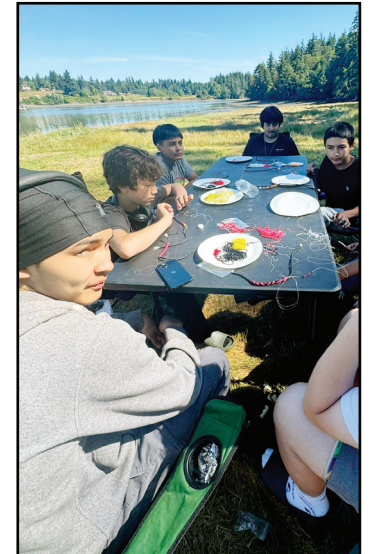
Jayda working on her skirt



Keesha and Emilio playing air hockey[1]



Wyatt skating!



Teens having fun at Roller Dome Beading key chains



Chase with his sash!



Visiting Life is Water figure



LJ with his finished regalia



Working with Salish Cliffs!



Visiting Kennedy Creek trail



School Attendance Matters!

By Jaimie Cruz, Truancy Prevention Specialist - As we start the new school year, let's remember: every day counts. Missing just two days a month adds up to nearly three weeks of lost learning a year!

- Set morning routines
- Prep the night before
- Celebrate showing up

When students are in school, they learn more, build friendships, and prepare for a successful future.

Let's work together to make this the best year yet!

Shelton High School

By Isabelle LeClair - Welcome back! I hope everybody is starting the new school year off in a good way!

I want to remind students and parents that I'm available to go to classes with students. I can help them take notes, stay on task, and ask questions when they need help. For a lot of my students, it can be hard or scary to ask for help in a full classroom setting, so please don't be shy and ask me for help! I'm more than happy to tag along or ask teachers follow up questions!

Most of the homework and assignments will be on Canvas. The Native Ed room has chrome books available as well!

If you have any questions about schedules or want to do the assignment outside the classroom in a smaller space, please call down to Native Ed; we will be more than happy to see you and help you with work.

Native Ed is also open during both lunches. We are located in the 100 building behind the A building next to the career center. Please feel free to stop by Native Ed; we would be happy to see ya.

Olympic Middle School

By Kiana Wily - Hello to all my Olympic Middle School Eagles and their families! I am super excited for our 2025-2026 school year, and I can't wait to see both my returning and incoming kiddos. I've missed you all this summer and I hope you guys enjoyed your summer break, got all rested up, and are ready to start the school year off in a good way.

I'm Miss Kiana, the Squaxin Island Student Advocate, for those I don't yet have the pleasure of knowing, and I will be located at the Olympic Middle School again this year!

Our Native Ed room is down the sixth grade hall, first door on the right. I am also available for homework help Monday-Thursday, 3:00 - 5:00, up at the Education Department.

Last year I was so impressed by our overall attendance and very proud of the growth we had in our ELA skills. I am confident we can keep that momentum going into this school year as well!

Just a reminder, the cellphone policy is going to be upheld across our whole school district this year, including at OMS, so having a conversation about saving our devices for the appropriate times and to not have them out at school would be helpful in cutting back on phones getting confiscated.

If you have any questions, comments or concerns please reach out to me at kwily@Squaxin.us

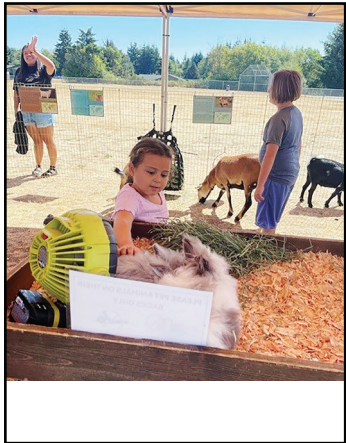
Here are some pics from last school year. Looking forward to making new memories this school year.

See you all September 3rd.





LEARNING CENTER



September 2025

Rec Room: 360-432-3986 | Kasia: 360-432-3801 | Kenna: 360-432-3895 | Sara: 360-432-3992 | Tanalee: 360-432-3819

1	2	3	4	5
Closed Labor Day Holiday	Closed Getting ready for After School	Closed Getting ready for After School	Closed Getting ready for After School	Closed Getting ready for After School
		First Day of SSD & GSD Middle School		First Day of GSD Elementary
8	9	10	11	12
First Day of After School Program After School Program: 3:00-6:00pm Cultural Activity: Cedar Earrings	After School Program: 3:00-6:00pm Cooking Activity: Cinnamon Donut bread	After School Program: 2:30-6:00pm Traditional Medicine: Berry Bingo	After School Program: 3:00-6:00pm DIY Pony Bead Axolotls	After School Program: 3:00-6:00pm STEM: Lemon Battery
Swimming 4:30-5:30pm		GSD Early Release @ 2:30		Swimming 4:30-5:30pm
15	16	17	18	19
After School Program: 3:00-6:00pm Cultural Activity: Beaded Necklaces	After School Program: 3:00-6:00pm Cooking Activity: Mini puffs	After School Program: 1:00-6:00pm Traditional Medicine: Berry Soap	After School Program: 3:00-6:00pm DIY Plushies	After School Program: 3:00-6:00pm STEM: Ice Experiment &
Swimming 4:30-5:30pm		SSD 1.5 Hr. Early Release		Swimming 4:30-5:30pm
22	23	24	25	26
After School Program: 3:00-6:00pm Cultural Activity: Beaded Earrings	After School Program: 3:00-6:00pm Cooking Activity: Rice Krispie Treats	After School Program: 2:30-6:00pm Traditional Medicine: Berry Lip Balm	After School Program: 3:00-6:00pm DIY Popsicle Soap	After School Program: 3:00-6:00pm Movie Night 4:30-6pm
Swimming 4:30-5:30pm		GSD Early Release @ 2:30		Swimming 4:30-5:30pm
29	30			
After School Program: 3:00-6:00pm Cultural Activity: Cedar Earrings	After School Program: 3:00-6:00pm Cooking Activity: Brookie			
Swimming 4:30-5:30pm				
Key: SSD – Shelton school District GSD – Griffin School District		Activity Time: 5:00-5:45pm	Swimming Monday and Fridays 4:30-5:30pm	
After-School Mealtimes: Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm				

After-School & Recreation programs are Tobacco, Vape, Alcohol & Drug Free. This calendar and its activities are subject to change at any time



LEARNING CENTER



Higher Education

Higher Education students, I just want to remind everyone the importance of reading through the policies and procedures when signing up for Higher Education funds through the Tribe. The policy changed in August of 2022, and funding is now based on credits taken. Higher Education funding may apply for up to 240 credits towards an Undergraduate degree and 48 for a Master's degree. There are still limits but, once again, it is based on credits taken and not quarters or semester.

If you have questions or would like a copy of the new policy, please reach out and I will be more than happy to help! All of this information and more is available at www.SquaxinIsland.org just search TLC.

Launch of the 2026 – 27 FAFSA® Form

The FAFSA application for the 2026-2027 academic year will be available starting October 1, 2025, with important deadlines and new features to streamline the process.

Importance of Early Submission

Submitting the FAFSA as early as possible is crucial, as federal and state financial aid is often awarded on a first-come, first-served basis. Completing the application promptly can increase the chances of receiving financial aid.

If you have any questions or concerns, please don't hesitate to stop in, call or email for assistance.

I hope the new school year is off to a great start!

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

Bordeaux

By Tamika Krise - Bordeaux families! I hope everyone enjoyed their summer break and is ready to tackle the new school year. I am so excited to build new relationships with our new kindergartners and their families. As well as continuing to build the bonds I have with our students who are starting another school year!

I want to share my information with our community again, so feel free to reach out to me with any questions or concerns! I am here to support our students and families at Bordeaux Elementary.

I am a resource that will be in the school daily. I will also be out at the Tribe after school daily to help with homework Monday-Thursday until 6:00 p.m.

The best ways to contact me are through email tmkrise@squaxin.us or tkrise@sheltonschools.org and/or my work facebook @Tamika StudentAdvocate.



September 2025 Pool Calendar							Key:
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
	1 CLOSED FOR HOLIDAY	2 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	3 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM 	4 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	5 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	6 LS/OS: 8:30 AM - 5:30 PM	<p>LS: Lap Swim OS: Open Swim EA: Elders Aerobics ASP: After School Program</p> <p>FRONT DESK: 360-432-3852 (CALL FOR RECORDING OF DAILY SCHEDULE)</p> <p>POOL OFFICE: 360-432-3873</p> <p>NON-TRIBAL SWIM FEES: \$5/VISIT OR \$30/MONTH FOR SINGLE PASS \$45/MONTH FOR FAMILY PASS</p> <p>TRIBAL MEMBERS SWIM FOR FREE!</p>
7 LS/OS: 8:30 AM - 5:30 PM	8 LS/OS: 8:30 AM - 5:30 PM	9 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	10 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	11 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	12 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	13 LS/OS: 8:30 AM - 5:30 PM	
14 LS/OS: 8:30 AM - 5:30 PM	15 LS/OS: 8:30 AM - 5:30 PM	16 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	17 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	18 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	19 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	20 LS/OS: 8:30 AM - 5:30 PM	
21 LS/OS: 8:30 AM - 5:30 PM	22 LS/OS: 8:30 AM - 5:30 PM	23 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	24 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 PM - 5:30 PM	25 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	26 LS/OS: 8:30 AM - 4:00 PM ASP: 4:00 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 - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM 					

SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME DUE TO COMMUNITY/STAFF/YOUTH EVENTS



PADDLE TO ELWHA





PADDLE TO ELWHA





PADDLE TO ELWHA





PADDLE TO ELWHA





PADDLE TO ELWHA





PADDLE TO ELWHA



PHOTOGRAPHERS: Vince Henry, Lisa Johns, Aleta Poste, Candace Penn, Jolene Grover, Kathy Ackerman, Sierra Salas, Theresa Henderson, Amanda Grover, Bev Hawks, Deanna Hawks, Kris Peters, Tamika Green, Morningstar Green, Sadie Whitener, Tamika Green, and Taylor Krise



PADDLE TO ELWHA





PADDLE TO ELWHA





PADDLE TO ELWHA





Seasonal eating

Seasonal eating is a sustainable way of changing your diet that has health advantages. This lifestyle encourages you to only eat fruits and vegetables that are in season for your geographic area. In Western Washington, that would be eating pears in the fall, cabbage in the winter, raspberries in the spring, zucchini in the summer, and so on.

Before science played a part in agriculture, you could only find fresh produce during the season it grew best in since produce relied on weather and other natural growing conditions. Now, you can find pretty much any fruit or vegetable you want regardless of the time of year.

Eating seasonally helps promote nutritious meals and supports a healthy environment. For example, strawberries grown in the summer time -- their natural season -- are more nutritious and flavorful than strawberries grown in the winter time.

Instead of eating the same small group of fruits and vegetables year-round, seasonal eating encourages a varied diet. Branching out from your favorite kinds of fresh produce will give you important vitamins and minerals that you might not usually get.

The quality and freshness of in-season produce is better than out-of-season produce. Because demand for certain crops is high year-round, they are modified to grow in bulk and to resist disease, but these modifications take away some of their nutritious benefits. When fruits and vegetables are grown during their natural timeframe, they will grow and thrive without any harmful additives.

Growing and consuming crops seasonally not only guarantees a flavorful product, but it allows the environment to cycle through its natural resources and seasons like it would without human intervention.

Growing food outside of its natural season only works when humans artificially create seasonal weather conditions. The fossil fuels (nonrenewable energy) and large amounts of water needed to do this have a negative impact on the environment.

Growing crops seasonally doesn't require these resources. For example, compare recreating summer heat during the winter to grow summer crops instead of using only the heat from the sun. Seasonal growing requires much less energy.

Sticking to the earth's seasonal growing routine also helps create sustainable eating patterns. Sustainable eating and seasonal eating go hand in hand: they both rely more on natural resources and less on artificial sources to provide food. Reducing food waste and encouraging long-term food planning are other goals of sustainable eating.

Keep in mind that if you live in a place where seasonal fruits and vegetables are hard to come by, it can be difficult to eat seasonally. More important than eating seasonally is making sure you get the nourishment you need. Do your best to support this sustainable lifestyle but always put your health first.



Fun With Summer Salads!



Use the word bank to find the hidden vegetables.

Words can be found going horizontal, vertical, diagonally or backwards.

W H T H A I H T B D S T X I V K
P C X U Q C N G M E K C J H O C
V A R O P A S L B B S R D O E A
A B P S L Z N O I N O I C C B U
F B N P B J K E R T E S Q D M C
W A G B A U F B Q C D G F M U N
L G I E O I F D H A J F H M S E
E E S L O K N I R I M I L J H A
Q R G L C A U L I F L O W E R O
T H E P W L A J E O X H Y K O D
S F V E N E Q Y C L T K A Q O P
O P M P Z C Z C O M U L O R M R
O P K P A Y O C P N R G V A G U
M P O E Z R H A W D N N C M T T
L E O R B O X R A D I S H E S H
A C B U P N C X V B P K J I B U

Word Bank

Bell Pepper	Cauliflower	Mushroom	Radishes
Broccoli	Eggplant	Onion	Turnip
Cabbage	Kale		



Create a Salad

- Start with Greens**—One type or a mix. 2 cups of leafy greens is a serving.
- Add Some Color**—Vegetables or fruit (fresh, canned, or dried).

Peas	Carrots	Tomatoes	Oranges
Broccoli	Peppers	Berries	Cranberries
- Pick a Low-Fat Protein**—It helps you feel full.

Egg	Tuna or salmon	Tofu
Bean—cooked or canned	(drained)	Cooked meats
- Dress it Lightly**—Dressings can add calories; use a small amount; try reduced-fat versions or make your own; thin dressings spread farther so you can use less.

Use Toppings Sparingly—Look for reduced-fat options. Cheese, seeds or nuts, bacon bits and croutons can add extra calories.

Ranch Dressing

Ingredients

- ¼ cup low-fat mayonnaise
- ½ cup low-fat buttermilk
- 1 teaspoon dried parsley
- 1 teaspoon garlic powder
- ½ teaspoon onion powder
- ¼ teaspoon each salt and pepper



Directions

- Combine all ingredients in a small bowl and stir until smooth. Cover and chill until ready to serve.
- Refrigerate leftovers within 2 hours.

Notes

- For a thinner dressing, add an extra 2 to 3 tablespoons of low-fat buttermilk.



Kids Can!

When kids help make healthy food, they are more likely to try it. Show kids how to:

- Swish greens in a bowl of water to remove dirt.
- Peel or cut fruit or veggies.
- Measure and stir ingredients for salad dressings.



For tasty, healthy recipes and garden tips that fit your budget, visit [Food Hero.org](http://FoodHero.org)



This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer. ©2020 Oregon State University Extension Service offers educational programs, activities, and materials without discrimination based on age, color, disability, gender identity or expression, genetic information, marital status, national origin, race, religion, sex, sexual orientation, or veteran's status. Oregon State University Extension Service is an Equal Opportunity Employer.



Breaking Free from The Mind's Hidden Traps

By Dr. Fergie - Your brain requires a lot of energy to work well. Even though it accounts for only 2% of your total body weight, it consumes approximately 20-25% of your body's metabolic energy, which is converted from glucose processed from carbohydrates (e.g., whole grains, fruit, vegetables, etc.) and proteins (e.g., meat, seafood, seeds, nuts, etc.). So, that translates into about 20 watts of energy. Just to give you some perspective, a dim nightlight uses around 20 watts. So, if someone calls us dimwitted, it is not far from the truth!

Our brain's huge energy demands have stayed constant at least since early humans ventured out of Africa some 60,000 to 70,000 years ago. This is astonishing, given how scarce food (energy) was for countless generations that followed. There were no supermarkets or KTPs to visit during droughts or extreme weather events that resulted in food shortages. There were no refrigerators to store perishable foods. Mother Earth must have had a good reason for plunking a 3-lb. energy hog on top of our shoulders, consuming so many of our precious calories. Mother Earth gives generously but is never wasteful.

Humans were created to think, plan, and work together, not to pounce at 50 mph or use our teeth to gouge through leathery hides. Our brains became our most important tool for staying alive. Our ancestors were highly intelligent and could outsmart dangerous predators. They fashioned impressive weapons that were more effective than the fiercest fangs or claws, like stone axes, bows and arrows, and stone-tipped spears. They developed clever hunting techniques like erecting stone walls to control the migratory patterns of game animals, they fashioned basket-like structures to harvest fish, they drove bison off of cliffs (so-called buffalo jumps), etc.

We became almost unstoppable when we worked together, whether we were hunting, harvesting plants and shellfish, or just sharing our ideas, building on our collective wisdom (through story-telling, cave art, petroglyphs). So, another reason Mother Earth gifted humans with big brains (particularly the barks part, or the neocortex) is that we needed to be able to handle complicated social situations. As early humans grew to inhabit larger and more socially complex societies, they needed bigger mental capabilities to keep track of emerging relationships ("Who is allied with whom?"), determine trustworthiness of intertribal trading partners, build alliances, trick our adversaries, and follow societal norms. As our brains grew to perform more complex tasks, their energy demands also increased.

Thinking, Fast and Slow

Mother Earth is frugal, so our enormous brains had to conserve energy somehow. It did this by automating a large portion of its tasks, mental and otherwise. Among other things, heart rate, blood pressure, breathing, digestion, balance, and emotional reactions happen automatically, without conscious effort. Try willing your pupils to dilate (expand) and you will see what I mean. Our brains, then, are always operating on cruise control, running in the background like Microsoft Windows Operating System (but less clunky, with far fewer glitches!). We must only tap the brakes as it were when the demands of the task require our complete and undivided attention, not least, more brain fuel.

The late Dr. Daniel Kahneman, a famous psychologist and Nobel Laureate, coined the term "System 1" to describe thinking that is quick, automatic, and easy. You are in System 1 now, which means you are functioning on autopilot, as your brain performs the miraculous feat of translating these squiggles on the page into (internal) sounds (phonological decoding), identifying whole words, teasing out grammatical structure, deriving meaning from the words, and then piecing it all together – all faster than you can blink your eyes!

System 1 is an intuitive, mostly unconscious system in our brains. Pattern recognition and experience are the main drivers of System 1. If the phrase "red, white, and..." or if the answer to "2 + 3" pops in your head, you are in System 1. System 1 lets you instantly recognize your friend at a busy gathering and furnishes your soul with that warm and fuzzy feeling when someone reminds you of your favorite grandma or grandpa.

But that is not how all thinking works. Becoming an expert in playing a musical instrument like the oboe, sewing button blankets, weaving cedar, geoduck harvesting, or paddling in sync on Canoe Journey, involves considerable effort at first. System 2 refers to slow, deliberate, self-monitored, analytical, effortful thinking. System 2 requires more cognitive effort and a lot more resources (i.e., metabolic energy) compared to System 1.

System 1 and 2 work together like a skipper and their pullers, making it all happen smoothly. If a puller is out of sync (System 1), the skipper (System 2) will step in, providing immediate guidance. But as soon as possible, the skipper pulls back support.

The brain also goes back to System 1 as soon as it can. Remaining in System 2 all the time can really wear us out, just like having to constantly course correct takes its toll on our dear skipper!

Heuristics

To make decisions quickly and without thinking too much or expending too much energy, System 1 usually uses what psychologists call heuristics or mental shortcuts. This saves both time and energy (brainpower). At least 188 heuristics have been identified by psychologists, and we are now going to review every one of them in great detail (just kidding!).

Heuristics are mental shortcuts or rules of thumb we use to make decisions quickly and efficiently, especially under uncertainty. They are often adaptive because they save time and cognitive effort. For example, if we see a bear cub, there is a pretty good chance its mother is nearby. If you see a bat flying during the day, there is a good chance it is a sign of illness, like rabies. At dusk and dawn, you are more likely to see wildlife dart across a country road.

Many heuristics work well in most situations, but not in every circumstance. When heuristics or other mental processes lead us astray, however, we can make what psychologists call cognitive biases (or thinking traps), which are systematic mistakes or errors in our thinking.

A bias is a cognitive distortion. For example, the availability heuristic can cause the availability bias, which makes people think that things that are easier to remember are more likely to happen. Biases can cause emotional distress. For example, when someone is anxious, their brain may overestimate danger because recent threats are easier to remember (availability bias). When someone is depressed, on the other hand, they may give too much weight to negative experiences, not enough to positive ones. Both ways of thinking can lead to cycles of unproductive worry, hopelessness, and/or avoidance. The first step to changing these unproductive mental habits in developing healthier, more balanced points of view is to understand them. Here are some common cognitive biases for us to consider.

Cognitive Biases and How To Outsmart Them

(1) Catastrophizing

WHAT IT IS: Expecting the worst possible outcome, even if it is unlikely.

EXAMPLE: "If I fail this quiz, I will never finish high school and feel like a total failure."



TRY THIS INSTEAD: Ask yourself what is the most likely outcome, not the most extreme one? Give examples of past experiences, or other evidence that supports your answer. If your biggest worry comes true, what are the chances you will be okay a week from now, in one month? What would a friend think about this situation?

(2) *Jumping to Conclusions*

WHAT IT IS: Making hasty judgements and negative assumptions without sufficient evidence to support it.

EXAMPLE: “My new friend did not text me back. Obviously, I said something that upset them when I spoke to them last.”

TRY THIS INSTEAD: Pause and ask yourself, what other possible explanations could there be? Try to come up with five (e.g., they are ghosting me, they dropped their phone in the Sound, etc.).

(3) *Mind Reading*

WHAT IT IS: The belief that you know what other people are thinking (which is often negative), without having any evidence to support this belief.

EXAMPLE: “My boss thinks my idea is stupid.”

TRY THIS INSTEAD: Instead of making assumptions, try approaching this with an open mind. Try being curious. Instead of speculating what other people think, it is better to ask them directly (e.g., “What are your thoughts on my proposal?”).

(4) *Emotional Reasoning*

WHAT IT IS: Treating feelings as gospel truth.

EXAMPLE: “I must have done something wrong because I feel guilty.”

TRY THIS INSTEAD: Please keep in mind that feelings are signals, not conclusions. Collect evidence that supports and contradicts your thought. Am I attempting to interpret the situation without any evidence? Only verifiable facts can be used as evidence. No interpretations, guesses, or opinions. You are both the prosecutor and defense attorney when putting these thoughts on trial!

(5) *All-or-nothing Thinking*

WHAT IT IS: Only seeing in black or white, ignoring gray areas.

EXAMPLE: “I am a failure if I don’t work out today.”

TRY THIS INSTEAD: Think about this in “and” terms. For example, “I missed today’s workout, AND I’m still fully committed to better health. I haven’t failed.”

(5) *Overgeneralization*

WHAT IT IS: Drawing broad conclusions from a single event.

EXAMPLE: “I tanked my job interview! I am unemployable!”

TRY THIS INSTEAD: Take a step back. Remind yourself of previous instances in which you were successful or recovered from failure and write them down.

These biases are normal and human. The first thing you need to do to loosen their hold is to catch them early. Take a moment and step back from your thought. One easy trick is to write down the thought, identify the bias, and then actively come up with a more balanced one. Ask yourself, is there substantial evidence for my thought? What is the evidence contrary to my thought? What would I tell a friend if they were in this situation and they were having similar thoughts? Over time, your mind will learn to take a more realistic path and lead you on a kinder journey!

Congratulations Patrick O’Donnell

Congratulations, Patrick O’Donnell, on being invited to serve as a panel member at the upcoming U.S. Conference on HIV/AIDS this September! This is a tremendous recognition of your knowledge, dedication, and the meaningful impact you’ve made in the field.

Your selection for this role speaks volumes about your professional reputation and the respect you’ve earned from your peers. Representing our organization on such an important platform is both an honor and a testament to the value you bring to our work every day.

We’re proud to have you as part of our team and look forward to seeing the insights you will share with the conference audience. Wishing you every success as you prepare for this exciting opportunity.

Warm regards,

Squaxin Island Health Clinic Team



Should You Use Mouthwash?

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

It is important to know what your top priorities are when selecting the right mouthwash for yourself. Do you have a high decay rate? Picking fluoride mouthrinse would be your best choice. Is your gum tissue red and bleeding when you brush and floss? Try an anti-gingivitis mouthwash. When your teeth and gums are healthy and strong, but you still get those pesky coffee stains, then a whitening mouthwash may be for you! Your dentist or dental hygienist can help you figure out what mouthwash will be best for your specific oral needs. Be sure to see them regularly for preventative care!

Some important precautions regarding mouthwashes to keep in mind:

- Children under 6 should not use them. There is too much risk that they will swallow the mouthwash instead of spitting it all out. Ingesting mouthrinse can make children sick to their stomach.
- Choose alcohol-free versions. Alcohol in mouthwash can dry out and damage gum tissues.

If you have any questions about what mouthwash may be best for you and/or need dental appointment, call Squaxin Island Dental at (360) 432-3881.



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

Why Renter's Insurance is Important

We've all heard about the devastation caused by earthquakes, tornadoes, floods, hurricanes and fires that have swept the nation coast-to-coast. Forces of nature are not to be reckoned with and as a tenant, you should be proactive in protecting yourself financially in the off-chance you drastically lose the contents and personal belongings that make your day-to-day life happen.

Often, tenants have a false sense of security thinking that they will automatically be covered if something were to happen to the home they are renting from a landlord or property manager. It is not uncommon that lease agreements are written with the standard verbiage of something along the lines of "tenant shall hold the landlord/property manager harmless from any and all liability." In layman's terms, the landlord/property manager insurance policy covers the structure only, not the tenant's personal contents.

No doubt insurance premiums can seem costly or a hassle, but imagine having to replace all of your belongings because a fire devastated your home last week. The expense and inconvenience of replacing all of your clothes, jewelry, food, furniture, TV, computers, your smartphone, and all of the supplies it takes just to live each day will sky rocket if you do not have renters insurance. You could find yourself spending upwards of \$50,000-plus to replace everything, plus finding a new rental.

Other considerations for obtaining a tenant insurance policy should be for issues related to vandalism or theft, liability reasons (example: slips and falls), or property defects causing destruction of personal property. In the case of a property defect, it is typical that the landlord's insurance policy will cover the structure only, so if the roof on your home leaks, the landlord will usually repair or replace the roof. However, if the roof leaks down on your computer and ruins your expensive equipment, the landlord's policy will typically only cover the roof, not your personal property because that would be covered by your renter's insurance policy.

Renter's or tenant's Insurance is actually pretty inexpensive in the grand scheme of things. You can usually obtain a policy for somewhere in the ballpark of \$20 a month and you can often receive a discount if you lump it together with your auto insurance policy. Talking with an insurance agent about a renter's policy is a wise move that will pay off for you, in the rare event you find yourself in a dire situation.

Potty Pan Pointers

Indoor cats and litter pans go hand-in-paw. Many felines are very particular in the location of their bathroom and will let their family quickly know if they are not satisfied with its placement, possibly by using the floor or carpet in the preferred area. In addition to where the litter box is situated, there are other factors that affect your cat's willingness to use his potty pan:

TYPE OF LITTER: Sand, clay, and shredded newspaper are three of the popular materials.

AMOUNT OF LITTER: Some cats like a light covering in their pan, others like to dig and cover.

PAN SIZE: "Bigger is better." Big does not necessarily mean deep. Some cats prefer that at least one side be cut down so they do not have to jump over its high sides.

NUMBER OF PANS: Provide a separate litter box for each cat in your home. Sometimes cats refuse to share.

CLEANING PANS: Use different detergents when washing out the box. Never use an ammonia-based cleaner. Ammonia is a component of urine and may encourage your cat to find another "location."

THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE:
J.L.

Case No.: SWI-CW-2024-03-5

Indian child.

NOTICE OF GUARDIANSHIP HEARING

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Jason Longshore

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a Guardianship hearing in the above captioned matter. The hearing on this matter shall be held on October 2, 2025, at 11:00 a.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A GUARDIANSHIP. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

NOTICE- PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT
3711 SE OLD OLYMPIC HWY
SHELTON, WASHINGTON 98584
360.432.1771



Squaxin Transit

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



Pet Spay/Neuter Event

By Amy Laudermilk, RARE - There is reason to celebrate the very successful pet spay/neuter event that was held on August 14 for the Squaxin tribal community. A total of 16 cats and six dogs were spayed/neutered! The surgeries were completed at the Humane Society of Mason County, a high-volume spay/neuter clinic in Belfair, WA. Their prices for pet services are some of the lowest around \$180 for dog spay/neuters and \$95 for cat spay/neuters. These prices are available to anyone, and they have appointments available for all pet owners. Please spread the word to your family and friends of this great resource in Western Washington!

The August 14 event was a collaboration with Rez Animal Resources & Education, Squaxin Island Tribe's Office of Housing, and the Humane Society of Mason County. Squaxin tribal members brought their pets to the baseball field where the dogs and cats were loaded into several vehicles to be transported to the clinic in Belfair. All 22 dogs and cats were spayed/neutered and, if needed, received a rabies vaccine and flea medication. All of this was paid for by Rez Animal Resources & Education.

We want to thank all the pet owners that participated in the event. Spaying and neutering your pet is so important to controlling the pet population. Shelters and rescue organizations are overwhelmed and overcapacity with homeless dogs and cats. Sadly, there are not enough homes for them all. As a pet owner you are doing the right thing by getting your pets spayed and neutered. Thank you for being a responsible pet owner! Encourage all your friends and family to get their dogs and cats spayed/neutered so we can stop the homeless pet crisis.



Gus with Amy Laudermilk, RARE



Fall Maintenance Checklist for Homeowners



Fall is upon us, which means it's time for homeowners to make sure their homes are up to par for the winter ahead. Here are some items for fall home maintenance checklists.

1. Inspect the Roof

Check the roof or hire a professional to look for damage, loose shingles, missing tiles and other leaks. Any issues with the roof could lead to major problems once the weather starts getting colder and winter precipitation begins falling.

2. Clean the Gutters

Clean leaves, dirt, twigs and debris from the home's gutters. Don't forget to clean the downspouts, too! Clogs in these places can cause water to back up, leading to eventual water damage and damage to the roof, trim and siding.

3. Seal Air Leaks

Make sure leaky doors and windows are sealed before temperatures begin to drop. Use weatherstripping to keep the cold air out and the warm air in. A door sweep at the bottom of doors can also prevent drafty entrances.

4. Have the Furnace Inspected

Make sure the furnace is running safely and smoothly this fall and winter. Have a professional clean and inspect it for a warm home that's also safe and energy efficient.

5. Clean up Landscaping

Rake or mulch leaves to avoid damaging the lawn. It's important to also trim tree branches, as they can pose a danger to both people and the house during icy and snowy winter storms. Fall is also a good time to fertilize the grass for optimal growth come spring.

6. Store Away Equipment

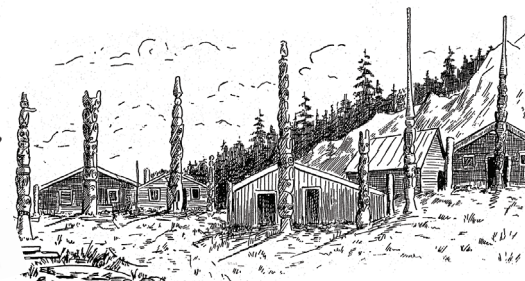
While in the yard, clean the lawn mower and remove any remaining fuel before storing it away until next year. Turn off faucets and store away hoses. It's probably also time to locate snow shovels, too.

7. Clean the Chimney

A fireplace and chimney are great for warming up during the cold months, but it's vital that they are cleaned and inspected before starting any fires. A professional can clean and check for blockages, gas line issues, leaks and other problems that could cause accidental fires and other safety threats.

8. Test Smoke and Carbon Monoxide Detectors

Whether or not there are fireplaces in the home, this is a task that should be completed all year round. Test the detectors to make sure they work and replace the batteries if necessary.





COMMUNITY



9/1
Alexander Donovan Solano
Jeremiah Longshore
Kui Lee Tahkeal Jr.
Patrick Wayne Whitener
Vanessa A. Tom

9/2
Jason Gabriel West

9/3
Austin Ray Peters
Kezia Marie Wentworth
Malachi Hartwell-Kinison
Rose Marie Krise

9/4
Kathrine K. Neilsen
Marty Joe Trinidad Jr.

9/5
Latoya Jean Johns
Mckenzie Brearley-Lorentz

9/6
Elijah Joseph Krise

9/7
Danielle Garnet Leas
Joshua Paul Coble
Talon Andrew Peterson
Wayne Joseph Lewis
Zayne Garner Dorland

9/8
Justine Amber Mowitch
William Machai Weythman

9/9
Alexsii Grace Vigil
Avary M Jimmie
Joseph Andrew Stewart
Kaleb Joseph William Lutolf
Lewis Robert Napoleon Jr.

9/10
Debra Leone Mattson
Madison C.M. Mowrey
Roger Joseph Peters

9/11
Gunner Rodney Gouley
Hazel Sesal Lehman
Madeena Marie Rivera

9/12
Austin K. Brearley-Lorentz
9/12 Penelope Marie Castillo

9/13
Anthony Joseph Ramirez III
Kaitlyn Michelle Brandt

9/14
Oakland Parks Krise

9/15
Florence A. Sigo
Gracelyn June Wier
Jonathan Eugene Harrell
Kristen Michelle Davis

9/16
Evelyn Rae Krise-Lyon

9/17
Carmen Marie Stearns
Kenedee K. Peters
Markie Jean Smith

9/18
Stephen Mark West
Tia Marie Jordan
Tiana Little Feather Henry
Willow A. Henry

9/19
Calvin Wayne Farr
Frances Estella Starr
Raiatea Charlize K. Villanueva
Sophia Lynn Pinon
Zion Gregory Murray

9/20
Kayla Marie Johnson

9/21
Atawit Krise-Lyon
Desmond Ashley Smith
Esther Melinda Fox
Gregory Scott Koenig
Jada Lesley Krise
Kassidy Mckenna Burrow
Melody Marie Moliga

9/22
Gloria Jean Hill
Kim Monique-Nicole Cowing
Kiona Breeze Krise
Michael Nawamuks Peters

9/23
Amanda Rae Rodgers
Angel Lorene Sen
Chris Todd Clementson
Leslie Alan Cooper Jr.
Mykah Jayson Masoner

9/24
Donald Lynn Whitener

9/26
Barney Eugene Cooper
Nevaeh Chayenne Rae James
Susan Jeanette McKenzie

9/27
Dawne Marie Elam

9/29
Donald James Smith Jr.
Melissa Fay Vazquez

9/30
Avaiah Charlene Coley
Isaiah Gaylen F. Schlottmann



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

Need a Tribal ID?



Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us





Squaxin Elders

Trip to the Puyallup Fair

September 18th. Sign up is in the Elder's building. A \$15 refundable deposit is required. You will receive your deposit back when you show up for the event. If you do not show up, you forfeit your deposit. All sign ups and deposits must be turned in by September 10th. Any sign ups without a deposit will not have tickets purchased for them. See Jaclyn for deposits.

Quarterly Elders Meals at LCCR

The next quarterly dinner for Elders at the casino will be a BBQ on September 9th, and **you must RSVP in the Elders building**. RSVP is new, and requested by the casino so they can get an estimate. The next meal after that will be December 9th.

Alder Needed

Elders Inc is asking for dried alder wood for cooking the salmon at Oyster-Fest on October 4th and 5th. If you have any to donate, please contact Jaclyn. JEMeyer@squaxin.us.

If you are a new Elder, make sure to reach out to Jaclyn to get on the email list for the latest updates and events!

Elders Menu

Fruit and salad at every meal



MONDAY 1:

CLOSED for Labor Day

TUESDAY 2:

Italian Sausage Potato Soup, Breadsticks

MONDAY 8:

Pizza and Veggies

TUESDAY 9:

Navy Bean Soup, Sliders

MONDAY 15:

Orange Chicken, Rice, Veggies

TUESDAY 16:

Seafood Soup, Bread

MONDAY 22:

Shrimp Scampi, Asparagus

TUESDAY 23:

Twice Baked Potato Soup w/ Carrots

MONDAY 29:

Biscuits & Gravy, Boiled Eggs

TUESDAY 30:

Taco Soup

What's Happening

ELDERS HOST LUNCHEON TALKING CIRCLE W/ COUNCIL

September 3
September 4

WIC USDA & DIAPER DISTRIBUTION

September 2
September 12

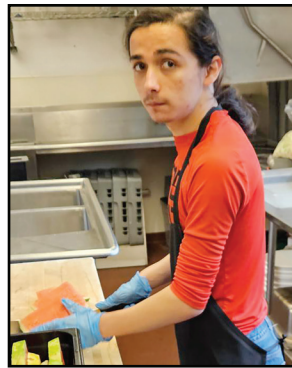
COURT

Family Court
Criminal & Civil Court

September 4
September 23

Youth Workers Helping Elders

Maria Littlesun - Youth Workers/Volunteers have been in the field and around the building doing tremendous work for their Squaxin Elders. As a manager, I am truly proud of these young ones. They are our "Future Elders In-Training."



Logan Ellerby, 18



Keona Rocero, 17



Hermione Ellerby, 14



WEDNESDAY 3: ELDERS LUNCHEON at Casino

THURSDAY 4: Salmon, Wild Rice, Brussel Sprouts

WEDNESDAY 10: Pork Lo Mein, Fruit Salad

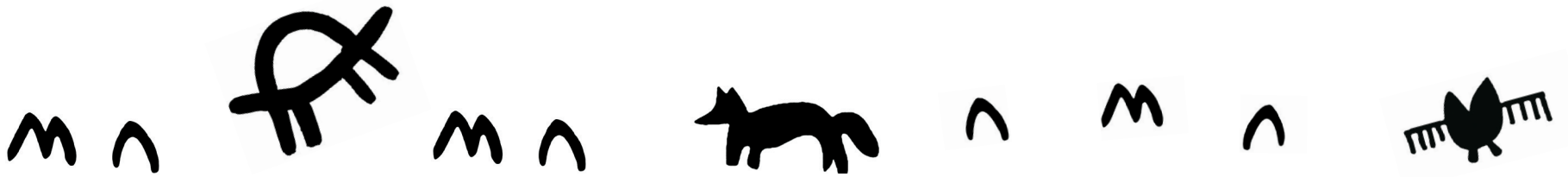

THURSDAY 11: Hamburgers

WEDNESDAY 17: Meatball Subs, Chips

THURSDAY 18: Hot Dogs, Potato Salad

WEDNESDAY 24: Chicken Fried Steak, Potatoes, Gravy

THURSDAY 25:

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
360.463.4439
 Email: dgardipee@spipa.org

SPIPA main number: **360.426.3990**

Next WIC date:
Tuesday September 2nd
 SPIPA IPC

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

WIC WOMEN, INFANTS & CHILDREN

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
- Transportation
- Legal Services
- Counseling
- Disaster Aftercare
- Everything Else

211 also can connect people with information and referrals for:

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 [211.org](https://www.211.org)

TRAUMATIC BRAIN INJURY
 Strategic Intertribal Advisory Council of Washington State



South Puget Intertribal Planning Agency

USDA Foods Program September Delivery Date

Squaxin Island
9/12/25
 At SPIPA IPC
11:00am-1:30pm

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.



South Puget Intertribal Planning Agency

September Diaper Distribution

Squaxin Island Tribe
9/12/25
 At SPIPA IPC
11:00am-1:30pm

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**



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