

Declining Puget Sound kelp threatens salmon, orcas

In August Lands Commissioner Upthegrove signed an executive order prohibiting the leasing of 350 acres near Squaxin Island to promote kelp growth

KING 5, Author: Drew Mikkelsen, August 9, 2025, OLYMPIA, Wash. — Washington is moving to protect struggling kelp beds near Squaxin Island as part of a broader push to restore critical marine habitats.

In August, Lands Commissioner Dave Upthegrove signed an executive order prohibiting the leasing of 350 acres near the island to promote kelp growth.

"The only activities that will occur on these aquatic lands are those that are aimed at supporting and helping the restoration of those kelp beds," Upthegrove said.

The initiative is part of a broader state commitment to conserve and recover at least 10,000 acres of kelp and eelgrass by 2040.

Kris Peters, chair of the Squaxin Island Tribe, said the kelp population around the island has dropped 80% since 2013.

"If they were to die off, it would have a negative effect on our salmon. It would have a negative effect on our orca. It would have a negative effect on us, and so it's incredibly important we protect them," said Peters, "We've been watching it die year after year after year."

The Department of Natural Resources cites multiple causes for the decline, including kelp crabs, warming waters, cloudier conditions and invasive species.

Future plans call for installing warning buoys for boaters and posting signs for waterfront homeowners to promote water quality protections. Similar protected zones are planned across 10,000 acres in Puget Sound.

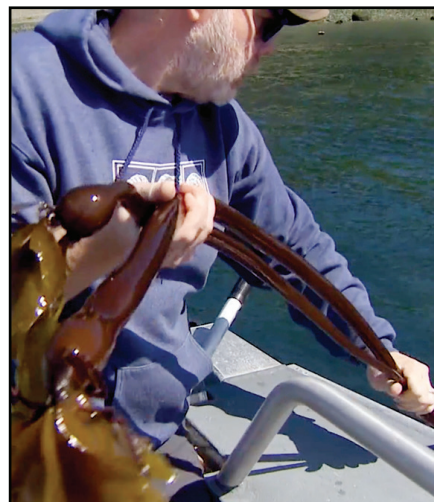
"The more education we get out there, the more people will buy into it and understand and say, 'Yeah, we do need to protect these things,'" Peters said.

Upthegrove stressed the urgency of the effort. "We have the capability as a people in Washington state to make sure we're not the generation that loses the iconic orca, the iconic king salmon — and that's what today's been about," he said.



Lands Commissioner Dave Upthegrove and Squaxin Island Chairman Kris Peters

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



Squaxin NR Policy Representative/
Salmon Harvest Manager Joe Peters



SICDE
Arts & Walk
OPEN HOUSE

OCTOBER 3RD
1:00 PM TO 4:00 PM

Join us for our annual Earth Day event and walk through the center's halls, viewing our budding artists' masterpieces. This year's focus is animals of the PNW with a Tribal touch. Additionally, don't miss our open house, where you can explore our newly constructed Early Head Start toddler rooms and gathering room.

LIGHT SNACKS AND BEVERAGE PROVIDED

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



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.squaxinland.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:

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- TAYLOR KRISE: Vice Chairman
- JIM PETERS: Secretary
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- CAMERON HENRY: 3rd Council Member

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THERESA M. HENDERSON:
thenderson@squaxin.us

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

Walking On Patti Lee Riley (Strope) January 8, 1954 – August 26, 2025

With deep love and sadness, we announce the passing of Patti Lee Riley, a cherished Mother, Nana, Sister, Aunt, and Friend, who passed away on August 26, 2025, at the age of 71.

Patti is survived by her sister and brother-in-law, Barbie and Jeff Knudsen; her children, Michelle and Ryan Strope (Clark); and six grandchildren.

Patti was born and raised in Shelton, Washington, and later moved to Juneau, Alaska where she met the love of her life, Kelly Riley. Together, they returned to Shelton.

She was a devoted mother and the proud Nana to six grandchildren, although countless others considered her their Nana. Her nurturing heart and generous spirit touched the lives of many.

Patti worked in customer service throughout her life, from Juneau to Shelton, including many years at KTP.

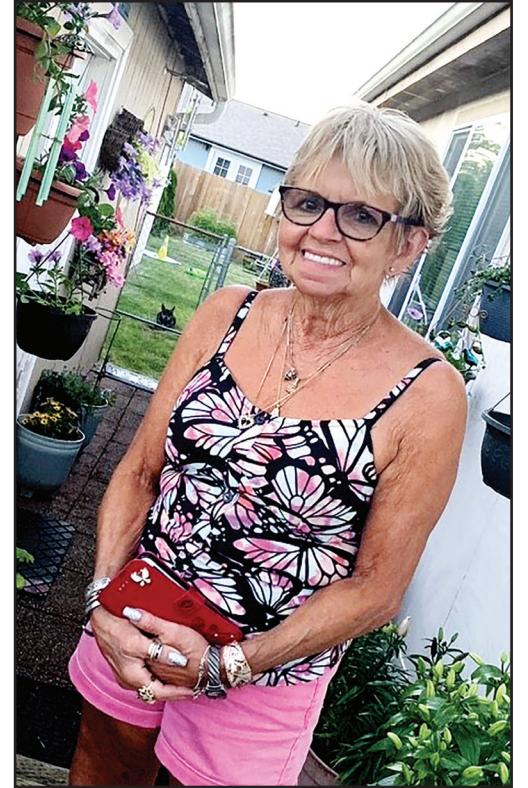
She was a proud Squaxin Elder. She was known for her radiant personality, always ready to share a laugh and a kind word.

Patti loved gardening, animals, and being surrounded by those she loved. She never missed a chance to dress up, even if it was just a quick trip to the grocery store. Her eye-catching outfits, stylish jewelry, and unmistakable flair earned her compliments everywhere she went.

A true fighter and strong woman, she was a survivor of two bouts of cancer, a stroke, and numerous other ailments.

Patti was preceded in death by her beloved husband, Kelly Riley; her parents, Elmer and Arlene Strope; brother, Mike Strope; and sister and brother-in-law, Jonie and Gary Fox.

She leaves behind a legacy of compassion, humor, and unwavering love that will live on in her children, grandchildren, extended family, and the many lives she touched.



*A celebration of Patti's life will be held Friday, October 17th, at 11:00 a.m.
Community Kitchen*

We sadly announce the passing of tribal members . . .

- Christina Lopeman**
- Angelo Rivera**

Watch for more information next month.





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



Council Corner

Truancy Committee



A Truancy Committee has been established by the Squaxin Island Tribal Council to provide advice and recommendations concerning the monitoring and evaluation of school attendance for tribal member youth.

People who are interested in being on the committee can submit their names via email to Melissa Puhn, mpuhn@squaxin.us, by October 20th.



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:
squaxinland.org



SI CDC
CANDY CRAWL

OCTOBER 18TH 2025
AT SQUAXIN ISLAND CHILD DEVELOPMENT CENTER
3851 SE OLD OLYMPIC HWY
SHELTON WA, 98584
2:00 PM- 4:00 PM

CALLING ALL COMMUNITY MEMBERS! WE'VE MOVED FROM TRUNK-OR-TREAT TO A FESTIVE HALLWAY CELEBRATION AND SPACE FOR YOU TO SET UP A TABLE. BRING YOUR CANDY, COSTUME, AND DECORATIONS, AND JOIN US FOR A SWEET AND SPOOKY CELEBRATION! TO PARTICIPATE, CONTACT KAITI KRUG AT KKRUG@SQUAXIN.US BY OCTOBER 10, 2025.

FAMILY ACTIVITIES **PEDESTRIAN SAFETY EDUCATION**

EARLY CHILDHOOD EDUCATION & ASSISTANCE PROGRAM (ECEAP) RECRUITMENT EVENT **EARLY HEAD START (EHS) RECRUITMENT EVENT**

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

k'w'adig'w's'altx'

SQUAXIN ISLAND MUSEUM

Christmas
NATIVE MARKET

NOVEMBER 7TH 9:00 - 5:00 NOVEMBER 8TH 9:00 - 4:00

ADMISSIONS FEE IS WAVED

150 SE KWUH-DEEGS-ALT'XW
SHELTON WA 98584



New Employees



Syncere Ho **Youth Coach Assistant**

Hi, my name is Syncere Ho. I have been hired as the Youth Sports Coach Assistant with the Education department.

I am excited to work with the youth. See you around.



Kimberly Schad **Classroom Assistant**

Hi, my name is Kimberly Schad. I have been hired as a Classroom Assistant with the Child Development Center.

I am 24 years old with a ten month old baby boy.

I enjoy watching all the little kids and helping them learn and grow.

I look forward to working with you and the children.



Kai Mitchell **Regulatory Agent**

Hi, my name is Kai Mitchell. I have been hired as a Regulatory Agent for the Squaxin Island Gaming Commission Tribal Gaming Agency.

I was born and raised in Olympia where I currently live with my girlfriend and beagle!

In my professional background, I have worked at Great Wolf Lodge as a lifeguard, an usher at Yelm Cinemas, and, most recently, as a Security Officer and Field Training Instructor at Providence St Peter Hospital.

I have also volunteered for The Thurston County Sheriff's Office, Department of Fish and Wildlife, National Parks Service, and the Boys and Girls Clubs of Thurston County.

I am most excited to learn more about the gaming industry and to help maintain the integrity of gaming!

I look forward to working alongside all of you!



Tristan Barlow-Mauldin **Regulatory Agent**

Hi, my name is Tristan Barlow-Mauldin, and I have been hired as a Regulatory Agent for the Squaxin Island Gaming Commission Tribal Gaming Agency.

I am happily in a relationship of three years with my beautiful spouse, Selena Halliday. Selena, her family, and I work very closely with and for the Squaxin Island Tribe. I worked for Little Creek Casino Resort for almost two years. I did both hotel and casino valet and security for the casino. I have almost two years of experience being event security for Allied Universal Event Services working at Lumen Field, Tacoma Dome, and other venues. I have been in the Army National Guard (11B-Infantry) for almost six years.

I'm excited about extending my knowledge in what I love to do and keeping the casino safe for both employees and patrons!

I can't wait to strengthen my friendship with all my coworkers, law enforcement, and the casino. My prior experience as security for Little Creek Casino Resort has really helped with building that relationship with the Tribal Gaming Agency, law enforcement, and all the departments within LCCR.

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!





Squaxin Elders

The first three pictures are from the Elders Host Luncheon (our first one since Covid), and the other three are from August Bingo. We had a full house.





Bordeaux

We made it through September and the back-to-school season, and now we're jumping right back into the swing of things! It's been such a joy getting to meet all our new students and beginning to build those important relationships.

As we continue settling into our routines, I want to remind families that I'm here to support in any way I can. Please don't hesitate to reach out!

Some important everyday reminders:

- Let's try our best to make sure students are arriving on time and ready to learn each day.
- Encourage your child to complete at least 20 minutes of reading each night. It really makes a difference! (And their class/school have some cool incentives for them!)

Some important upcoming dates:

- October 15th is 3-hour early release
- October 20th-24th is conference week (3-hour early release each day)

If you're having difficulty scheduling your conference or have concerns you'd like to discuss, I'm happy to help coordinate.

Additionally, I am available to attend conferences if that would be helpful to you or if you'd simply like someone there to support during the conversation. Just let me know—I'm here for you and your student.

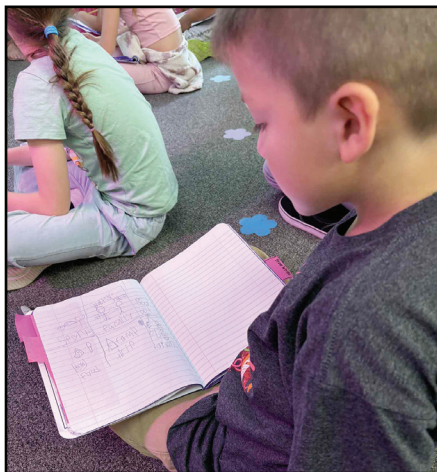
Let's make October a great month!



Walter and Finn having a bubble break before we tackle writing![1]



Jose and his buddy Matthew during their brain break game! So fun!



Blaze sharing with his class about his family, camping, and more!



Isabel enjoying math centers!

Teen Program

Keesha Vigil-Snook - Hello everyone! School is in full swing! Do you or your child have homework? Homework Help is available weekly Monday-Thursday 3:00 - 5:00 p.m. upstairs at the Tu' Ha Buts Youth Center.

Teen Activities to look out for:

- Haunted House Prep
- Pier to peer October 10th

PIER PEER!

FRIDAY, OCTOBER 10TH
6-8PM
AGES 12-18

Peer under the Pier with underwater lights after dark on the Boston Harbor dock

Come discover what lurks under the pier at night!

snacks provided!

To register contact Keesha 360-463-0681

Squaxin Island Tribe
People of the Water

PUGET SOUND ESTUARUM



Higher Education

Students, please don't forget to complete your 2025/2026 FAFSA on October 1st!

I hope everyone is off to a great start to college.

Just a reminder, if you add or drop classes, please notify me with the changes. It is important that your Higher Education file stays up-to-date during the school year.

In addition, if something in your file changes (address, phone number, email address, etc.), it is your responsibility to notify me. It is difficult to keep in contact with students when they no longer check the email address provided or their phone number is no longer in service.

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

Thank you,
Mandy Valley
Higher Education Coordinator
(360) 432-3882





Oakland Bay Junior High

Hi all! We have finally started the school year and it has been off to a hot start! The new 7th graders have already done a great job adjusting to their new school, and the 8th graders have been great role models.

I appreciate all of you parents/guardians who helped them prepare for the school year, whether it has been setting expectations or just instilling them with confidence. We have finished about a week and a half so far, and I am beyond impressed with the results that this group of students has shown. My expectations have been set high for these students, and I am very confident that they will meet them.

Parents/guardians of our new 7th graders, they will now be having a lot more homework than they are used to, so please keep an eye out for that. It can sometimes be overwhelming for new students because they will have to change their study habits. As always, we are available upstairs at the education center for after-school homework help from 3:00 p.m. to 5:00 p.m., Monday - Thursday.

I highly encourage students to come get assistance. Some syllabuses need to be signed for most classes in the 7th and 8th grade, so I will be sending extras home if they are lost.

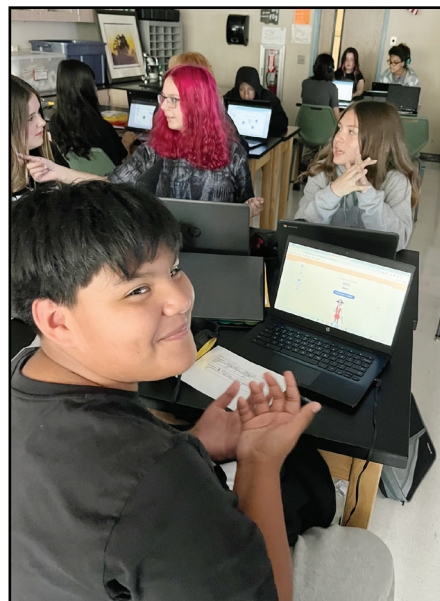


Student of the month!

It is a little early to choose a Student of the Month, but there is a new 7th grader who has impressed me a lot. He has been praised as a leader by his teachers, and I believe he will have a great year here at OBJH. LJ Cooper is the first Student of the Month! He has been vocal in the classroom in a positive way, and some students have even come to him for help. He has turned in every assignment so far and hasn't even been late to one class, let alone have an absence. I am excited to see what he can accomplish this year!



Emilio working on Rocket



Emilio H. and Brooke H.



SQUAXIN ISLAND
TU HA' BUTS YOUTH CENTER

COME JOIN US FOR OUR ANNUAL
**HALLOWEEN
HAUNTED HOUSE
&
TRUNK OR TREAT**

- COSTUME CONTEST
- FOOD & DRINK
- SPOOKY VIBES

OCT 24TH | 5:00-6:30PM

70 SE SQUAXIN LANE
SQUAXIN COMMUNITY KITCHEN

EVENT IS FOR SQUAXIN TRIBAL MEMBERS,
DESCENDANTS, & COMMUNITY MEMBERS

IF YOU HAVE ANY QUESTIONS CONTACT
KEESHA 360-432-3958 | KVIGILSNOOK@SQUAXIN.US OR
KENNA 360-432-3895 | KEKRIS@SQUAXIN.US

TOBACCO, VAPE, ALCOHOL & DRUG FREE EVENT



Olympic Middle School

By Kiana Wily - Hello Squaxin Family! One month flew right by. Only nine more to go. I am already so impressed with our new group of kiddos. Our attendance has been great so far. We have had a big improvement from the start of last school year with attendance. Teachers and staff have worked hard to implement and maintain school expectations, and it has really made a difference.

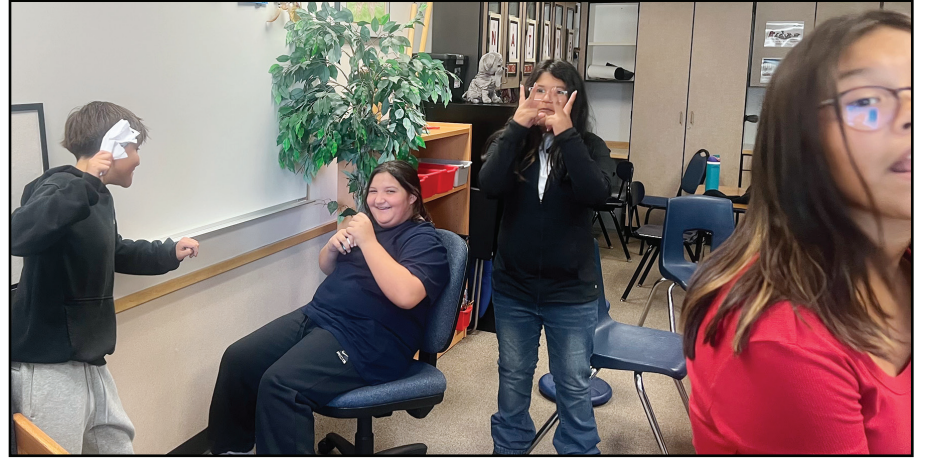
We have conferences coming up at the end of the month, so keep an eye out for the conference sign-up forms that your students will be bringing home so you can get your choice time slots! I am available to join in on conferences if that is something your family would like. Just reach out to me by email or phone so I can add them to my schedule.

Thank you so much to everyone who attended our OMS Native Ed Welcoming Ceremony last month. This is our fourth year holding this event, with the goal of showing the future graduating classes of 2032 and 2033 the community they have amongst themselves as well as all the love and support that surrounds them as indigenous students taking on their education journey in Shelton School District.

This year we have about 50 tribal students with just over half being from Squaxin Island.

It's a beautiful moment when our students can gather, see each other, and share their songs and dance.

Thank you to Squaxin Museum, Jeremiah George, Granny Vicki, Bev Hawks and the Squaxin Education team for adding to this event and showing your support for our middle school students!



Zayne Lexi Natalia and Satayla enjoying a movement break



Simona Milah and Olivia on their way back to class from the Native Ed room



Natalia Satayla Elaine and Shanyssa wishing movement break was longer than ten minutes



MsChappell and Oliva at the lunch tables



Breezy Milah and Lilly strolling through the commons



LEARNING CENTER



After School Program in September

Kasia Seymour - School is back in session, and we are back to after school programming!

We were all happy to be hanging out with the youth after school after the summer break. Our first day open was September 8th from 3:00- 6:00 p.m.

We had a fun taking the youth outside on the first day back; it was a beautiful sunny day!

We have cooking projects planned for Tuesdays; this will help their reading, math, and cooking skills which is a big part of why we get to incorporate these fun activities into the program. Also, it is just an enjoyable time getting messy and having a tasty result at the end to share.

The youth started swimming on Wednesday, September 10th, and they had an exciting time in the pool with their friends.

Swimming is now Wednesdays and Fridays 4:30 - 5:30 p.m. Please have your youth bring their own swimsuits, shorts, and towels.

The cultural project this month was cedar or dentalium earrings.

Stay tuned for the upcoming October after school calendar and weekly schedule on our Facebook page, Tu' Ha Buts Youth Center, or join our Remind app! Text SquaxinTYC to 81010 - The Remind app will text our weekly hours and any urgent updates directly to your phones!



Squaxin Island
Tu' Ha' Buts Youth Center

Are you interested in joining our annual Trunk or Treat?

October 24th, 2025
5-6:30pm
Squaxin Community Kitchen

WE WILL BE HAVING A TRUNK OR TREAT CONTEST! WINNER WILL RECEIVE A PRIZE!!
EACH PARTICIPANT WILL BE RESPONSIBLE FOR THEIR OWN CANDY & VEHICLE DECORATION

IF YOU HAVE ANY QUESTIONS CONTACT
KENNA KRISE
564-229-8230 OR
KEKRISE@SQUAXIN.US

SCAN QR CODE TO REGISTER

October 2025

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

Monday	Tuesday	Wednesday	Thursday	Friday
		After-School 2-6pm 1 After School Swimming 4:30-5:30pm Traditional Medicine: Oak Tree SSD-1.5 Hour Early Release GSD-ER @ 2:15pm	After-School 3-6pm 2 5:00- DIY Dragon Puppets	After-School 3-6pm 3 Funday Friday: Ironing Beads
After-School 3-6pm 6 Cultural Activity: Cedar Earrings	After-School 3-6pm 7 Cooking Activity: Muddy Buddies (Chex Mix)	After-School 3-6pm 8 After School Swimming 4:30-5:30pm Traditional Medicine: Oak Tree GSD-ER @ 2:15pm	After-School 3-6pm 9 5:00- DIY Halloween Window Stickers	After-School 12-6pm 10 Funday Friday: Painting Rocks
After-School 3-6pm 13 Cultural Activity: Painting/Beading on Medicine Bags	After-School 3-6pm 14 Cooking Activity: Berry Fruit Smoothies	After-School 1:30-6pm 15 After School Swimming 4:30-5:30pm Traditional Medicine: Oak Tree SSD-3 Hour Early Release GSD-ER @ 2:15pm	After-School 3-6pm 16 5:00- DIY Skeleton Handprint	After-School 3-6pm 17 Funday Friday: Cloud Dough
After-School 12-6pm 20 Cultural Activity: Cedar Headbands SSD-3 Hour early Release conferences	After-School 12-6pm 21 Cooking Activity: Halloween Rice Krispy Treats SSD-3 Hour early Release conferences	After-School 12-6pm 22 After School Swimming 4:30-5:30pm Traditional Medicine: Oak Tree SSD-3 Hour early Release conferences GSD-ER @ 2:15pm	After-School 3-6pm 23 DIY Puffy Ghost & Games in the Gym SSD 3-Hour early Release conferences	No After School Program 24 Trunk-Or-Treat & Haunted House 5-6:30pm
After-School 12-6pm 27 Cultural Activity: Dentalium Earrings	After-School 12-6pm 28 Cooking Activity: FANTA Jack O' Lantern Floats	After-School 2:30-6pm 29 After School Swimming 4:30-5:30pm Traditional Medicine: Oak Tree GSD-ER @ 2:15pm	After-School 3-6pm 30 5:00- Halloween Silhouette Art	After-School 12-5pm 31 After School Swimming 4:00-5:00pm Happy Halloween
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 After-School Swimming: Wednesday & Fridays 4:30-5:30pm		



After-School Program Hours: Monday-Friday: 3:00-6:00pm

After-School & Recreation programs are Tobacco, E-cigarette, Alcohol & Drug Free. Activities Calendar subject to change at any time.



Vaccine Clinic

A vaccine clinic for dogs was held on September 6th for the Squaxin tribal community.

A total of 27 dogs received rabies and DAPP vaccines as well as flea medication and dewormer.

All of this was free for pet owners, thanks to Rez Animal Resources & Education. The wonderful Dr. Maddy Rao from Tumwater Veterinary Hospital made friends with all the pups while providing the vaccinations and talking to pet owners about any health concerns they had about their dog. She was assisted by Veterinary Technician Shay Knight who gave out lots of peanut butter treats to the happy dogs. Thanks go out to Tumwater Veterinary Hospital for donating the rabies vaccines.

Deedre Sigmond, with Mason County Kitten Rescue, was on site also with information and resources MCKR can provide to our community.

Making sure your pets are up-to-date on their vaccines is very important. Parvo is a very serious and painful illness that is often deadly. It's a virus you don't want your dog to get, so please get your dogs vaccinated and keep them up-to-date.

It's also important to ensure your pets have a current rabies vaccination. Both dogs and cats should have vaccinations every one to three years.

Squaxin Transit

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



Squaxin Island Tribe's Office of Housing

Housing staff is available. Please do not hesitate to call or email with any questions or concerns.

The Office of Housing contact information:

- ⇒ Liz Kuntz – Housing Manager
⇒ Email: lkuntz@squaxin.us PH: 360-432-3937
- ⇒ Lisa Peters – Housing Counselor
⇒ EMAIL: lpeters@squaxin.us PH: 360-432-3871
- ⇒ Kristin Penn – Housing Occupancy Specialist
⇒ EMAIL: kpenn@squaxin.us PH: 360-432-3863
- ⇒ Ashly Sigo – Housing T-HOPE Specialist
⇒ EMAIL: asigo@squaxin.us PH: 360-432-3888
- ⇒ Gus Nilsson – Housing Enforcement Officer
⇒ EMAIL: gnilsson@squaxin.us PH: 360-432-3953
- ⇒ Guy Cain – Housing Maintenance Technician
⇒ EMAIL: gcain@squaxin.us PH: 360-432-3957
- ⇒ Richard Gouin – Housing Maintenance Technician
⇒ EMAIL: rgouin@squaxin.us PH: 360-432-3957
- ⇒ For Housing related emergencies call Maintenance
⇒ PH: 360-545-2768

Squaxin Island Tribe
Office of Housing
10 SE Squaxin Lane
Shelton, WA 98584





Fireplace and Home Fire Safety

More than one-third of Americans use fireplaces, wood stoves and other fuel-fired appliances as primary heat sources in their homes. Unfortunately, many people are unaware of the fire risks when heating with wood and solid fuels. Heating fires account for 36% of residential home fires in rural areas every year. Often these fires are due to creosote buildup in chimneys and stovepipes. All home heating systems require regular maintenance to function safely and efficiently.

The U.S. Fire Administration (USFA) encourages you to practice the following fire safety steps to keep those home fires safely burning. Remember, fire safety is your personal responsibility ...Fire Stops With You!

Keep Fireplaces and Wood Stoves Clean

- Have your chimney or wood stove inspected and cleaned annually by a certified chimney specialist.
- Clear the area around the hearth of debris, decorations and flammable materials.
- Leave glass doors open while burning a fire. Leaving the doors open ensures that the fire receives enough air to ensure complete combustion and keeps creosote from building up in the chimney.
- Close glass doors when the fire is out to keep air from the chimney opening from getting into the room. Most glass fireplace doors have a metal mesh screen which should be closed when the glass doors are open. This mesh screen helps keep embers from getting out of the fireplace area.
- Always use a metal mesh screen with fireplaces that do not have a glass fireplace door.
- Install stovepipe thermometers to help monitor flue temperatures.
- Keep air inlets on wood stoves open, and never restrict air supply to fire places. Otherwise you may cause creosote buildup that could lead to a chimney fire.
- Use fire-resistant materials on walls around wood stoves.

Safely Burn Fuels

- Never use flammable liquids to start a fire.
- Use only seasoned hardwood. Soft, moist wood accelerates creosote build up. In pellet stoves, burn only dry, seasoned wood pellets.
- Build small fires that burn completely and produce less smoke.
- Never burn cardboard boxes, trash or debris in your fireplace or wood stove.
- When building a fire, place logs at the rear of the fireplace on an adequate supporting grate.
- Never leave a fire in the fireplace unattended. Extinguish the fire before going to bed or leaving the house.
- Allow ashes to cool before disposing of them. Place ashes in a tightly covered metal container and keep the ash container at least 10 feet away from your home and any other nearby buildings. Never empty the ash directly into a trash can. Douse and saturate the ashes with water.

Protect the Outside of Your Home

- Stack firewood outdoors at least 30 feet away from your home.
- Keep the roof clear of leaves, pine needles and other debris.
- Cover the chimney with a mesh screen spark arrester.
- Remove branches hanging above the chimney, flues or vents.



Protect the Inside of Your Home

- Install smoke alarms on every level of your home and inside and outside of sleeping areas. Test them monthly and change the batteries at least once a year. Consider installing the new long life smoke alarms.
- Provide proper venting systems for all heating equipment.
- Extend all vent pipes at least three feet above the roof.



Most fire extinguishers operate using the following P.A.S.S. Technique:

P.



1. PULL the pin. This will also break the tamper seal.

A.



2. AIM low, pointing the extinguisher nozzle (or its horn or hose) at the base of the fire. NOTE: Do not touch the plastic discharge horn on CO2 extinguishers, it gets very cold and may damage skin.

S.



3. SQUEEZE the handle to release the extinguishing agent.

S.



4. SWEEP from side to side at the base of the fire until it appears to be out. Watch the area. If the fire re-ignites, repeat steps 2 - 4.

If you have the slightest doubt about your ability to fight a fire... EVACUATE IMMEDIATELY!



Property | Liability | Workers' Compensation | Commercial Auto | Cyber
Critical Infrastructure | Employee Benefits
AMERIND.com



Why Addiction Steals Joy – And How To Steal It Back!

By Dr. Fergie - If you have ever spoken to someone in recovery (or been in recovery yourself), you might hear them say, “I don’t feel joy anymore.” Anhedonia is that feeling (or lack thereof) of flatness, of blah, of not finding anything enjoyable or interesting. It is the inability to find pleasure in previously rewarding activities – gifts from Mother Earth – such as participation in drum circle, eating your favorite meals, hobbies, intimacy, or simply sharing a laugh with friends. Of course, if you do not enjoy doing anything, why bother? As a result, it is not surprising that people suffering from a high level of anhedonia tend to isolate more, which only makes matters worse. Misery begets misery. Constantly withdrawing from meaningful and spiritual experiences is a recipe for depression or sickness of the spirit.

How Addiction and Anhedonia Are Linked

Addictive drugs and behaviors, like gambling, online gaming, and even compulsive sex do not just excite the brain’s reward system, they hijack it. Substances of abuse like fentanyl or methamphetamine trigger dopamine surges far beyond what everyday life affords. Animal studies have shown that cocaine, for example, can raise dopamine levels by as much as 300% compared to baseline levels – about three times higher than the natural surge produced by an orgasm (children, cover your ears!).

What Is Dopamine?

Dopamine is one of the brain’s most important chemical messengers. When most people think of dopamine, they imagine a kind of “pleasure chemical.” And that is true, dopamine surges are closely linked to reward and enjoyment. But that’s only part of the story. Equally important is dopamine’s role in shaping our expectations. Decades of research show that the brain does not just release dopamine when we experience something pleasant or pleasurable, it also surges when we anticipate that pleasure. In other words, dopamine is not only about enjoying the moment, but also about motivating us to seek it out in the first place.

Think about the difference between savoring your favorite food and looking forward to it, craving it all day. Those are two distinct experiences, and while several brain structures help us appreciate flavor in the moment, dopamine is the brain chemical that signals and fuels our excitement, whetting our appetite. Dopamine plays a central role in why we crave it. In a sense, dopamine is what nudges us back to the table, restaurant, food truck, new love, game console, Tik-Tok account, beer aisle, or a dealer.

At first, after the first hit, the effect (dopamine rush) feels incredibly intense, euphoric. But the brain quickly adapts by reducing dopamine receptors, decreasing its sensitivity to this reward chemical – a process neuroscientists called downregulation. The result is that ordinary pleasure soon fades, while the cravings for the next artificial high intensifies greatly. Before long, your mind becomes narrowly fixated – not on relationships, your work, even your health, but on chasing after the next dopamine rush. The dopamine rush takes center stage at the expense of everything else. But the brain continues to downregulate with continued use, and, in short order, an individual uses the drug of choice “just to feel normal.” In extreme cases, once the brain has been hijacked a person desperately seeks the drug to avoid getting “dope sick.”

Abstinence (and Effective Treatment) Make(s) The Reward Circuit Grow Fonder.

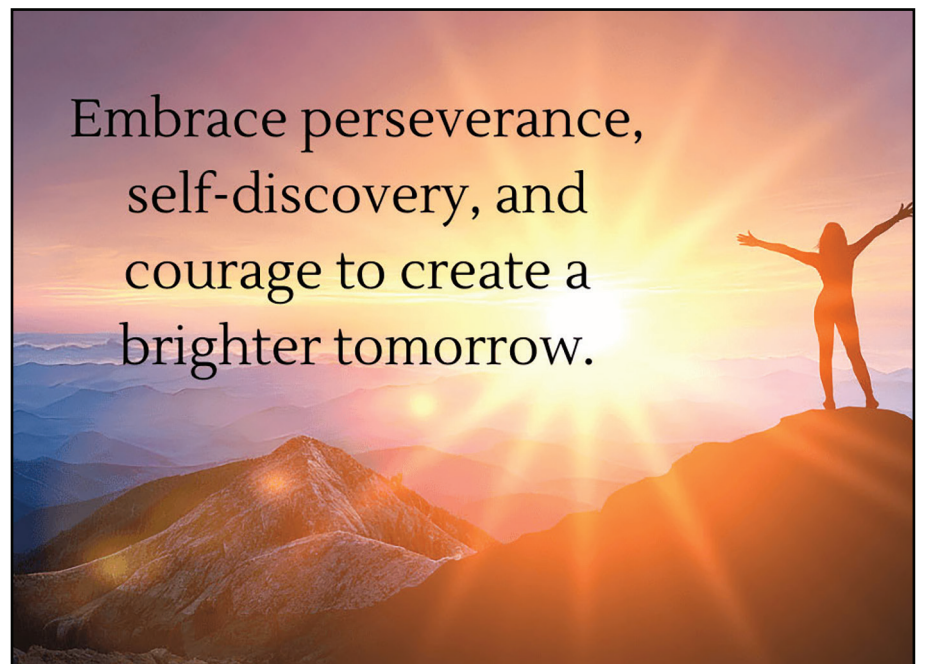
Anhedonia is one of the hardest parts of recovery, because it tricks the brain into thinking life without the drug or compulsive activity is joyless. In fact, it is just part of the healing process. During abstinence, the reward system

begins the slow process of recalibration, gradually regaining its sensitivity to life’s natural “highs.” Time truly heals all wounds.

Recovery therefore takes time, and the recovery journey often follows a recognizable trajectory:

- (1) **Early withdrawal (first week or two):** Many people describe feeling emotionally “flat.” The brain, suddenly deprived of artificially high dopamine surges, enters shock, and one’s mood takes a nosedive.
- (2) **First month in:** Post-acute withdrawal (PAWS) becomes more apparent. Irritability, disturbed sleep, rapid mood swings, and a lack of motivation are common signs that the brain is struggling to regain equilibrium. Hang in there!
- (3) **Three months in:** The fog begins to lift. Small sparks of joy breaks through — belly laughing at a joke, savoring a meal, or a sense of accomplishment welling up inside you after exercising several days in a row — start to return. Brain research shows measurable improvements in reward sensitivity around this time.
- (4) **Six months and beyond:** For many, this marks a major turning point. Dopamine signaling shows signs of normalizing, and ordinary daily pleasures feel incredible again. For those with long histories of heavy use, the process may, however, take a little longer — sometimes a year or more — but the trend is always positive, toward recovery.

Patience is essential. So are therapy, a supportive environment, healthy routines like exercise and regular sleep, and a life packed with meaningful and spiritually uplifting activities. Truly, laughter is the best medicine! Most importantly, recognizing that anhedonia is only temporary helps inspire people through the hardest patches of their recovery journey. In time, joy returns, the storm clouds lift, the sun breaks through — often more deeply appreciated than ever before!





Mini Spinach Ricotta Frittatas

Makes 6 servings | 30 minutes hands-on time | 50 minutes total time

These protein- and fiber-packed spinach, ricotta, and mozzarella egg muffins are a filling yet healthy weekday breakfast option. These individually portioned spinach and cheese egg bites are one of my go-to recipes. They're not only portable, but also are so filling and satisfying, and while they're low-carb and a high source of protein, they don't taste like they're trying to be healthy.

I like to make a batch at the end of the weekend, and then have them for breakfast for a couple of weekday mornings – although the truth is, they don't last that long, because my kids also like to take them to school for lunch (sigh). The best part is that they taste wonderful whether served warm or cold.

I love the richness of whole-milk ricotta and mozzarella, but you could swap them out for low-fat ricotta and part-skim mozzarella cheese, or even vegan ricotta cheese, for a lighter recipe.

Usually a serving is two of these egg bites, although don't be surprised if you see people helping themselves to more.

Mini Spinach Ricotta Frittatas Recipe

Active time:	30 minutes
Total time:	45-50 minutes
Makes:	12 (6 servings)
Total carbohydrates:	5 grams per (2-muffin) serving

Recipe Note

For a lower-fat version of this recipe, replace the whole milk ricotta with low-fat ricotta and whole-milk mozzarella with a part-skim version. Vegan mozzarella and ricotta will work, too.

INGREDIENTS

- 3 tablespoons Olive oil
- 1 Small onion, chopped
- 1 Garlic clove, minced
- 3 Eggs
- 1 1/2 cups (12 ounces) Whole-milk ricotta
- 1 heaping cup Whole-milk mozzarella, grated
- 1/3 cup Parmesan, freshly grated
- 3 cups Baby spinach, chopped, around 6 ounces
- 1-2 tablespoons Dill, finely chopped fresh
(or another herb of your choosing:
cilantro, mint, basil, parsley, chives, or a lesser
amount of thyme or marjoram)
- 3/4 teaspoon Kosher salt
- To taste Black pepper

INSTRUCTIONS

- Heat the oven to 350 and grease the 12 wells of a standard muffin tin.
- Heat the oil in a small skillet over medium heat and sauté the onion until soft and browning, about 10 minutes. Add the garlic, cook another minute, then add the spinach and cook until just wilted, about 1 minute.
- In a medium bowl, whisk the eggs, then add the cheeses and stir. Add the spinach mixture, the dill, and the salt and pepper, and stir well. Season this aggressively. If you're too shy to taste it raw (fair enough), microwave a tiny bit and check for salt.
- Divide the mixture in the muffin cups (I use an ice cream scoop, but a 1/3-cup measure would work well), and bake 15-20 minutes until puffed, deeply golden, and set. Eat right away or refrigerate – or try a little of both.

Adapted from Catherine Newman [diatribe.org]



Pilates Classes

Squaxin Island Fitness Center
Tuesdays & Thursdays
4:30—5:30 pm
October 7th — December 18

Wear loose comfy clothes

Pilates focuses on core strength through structured exercises and slowly gets more challenging.



For more information:
Cindy Beck
360-432-3595 or cbeck@squaxin.us



COMMUNITY



10/1
Carmen Dee Orsillo
Donna Jean Penn
Jess Travis Ehler

10/3
Adam Wade Mowitch
Joshua Gregory Smith
Thailer Budd Vilter Jr.

10/4
Lorenzo Antonio Solano
Nicole Lee Seymour
Steven Robert Sigo Jr.

10/5
Amanda Lee Maynard
Beth Ann Robinson
Lydia Ann Buffington

10/6
Jeremiah Micah Schlottmann
Michael Shawn Todd
Russell Lane Pleines
Shiloh Ann Henderson

10/7
Kalani Amor Castillo
Michael David Krise
William Raymond Peters

10/8
Alea Lynn Janine Shea
Audelia Marie Araiza
Theresa J. Davis

10/9
Addison Yvette Peters
Colton Jeffery Gott
Mathew Anthony Nelson
Ronald Day Jr.

10/10
Christina Smith Claridy
Ernest Leonard Pluff Jr.
Justina Marie Hess
Kade Benavente Whitener
Owen David Dorland
Susan Ann Clementson

10/11
Dontae Ortiz Hartwell
Michael Alan Peters

10/12
Larry Douglas McFarlane Jr.
Paxton John Ackerman
Sharen Irene Ahrens

10/13
Adrian Valerio De La Cruz
Jericho Lon Hartwell
Julian Sorin Hawk Masoner
Steven Robert Sigo

10/14
Savannah Rayanne Fenton

10/15
Atreju Rogue-Coyote Tucker
Skyla Lee Cooper

10/16
Leo Eugene Henry Jr.

10/17
Kelly Leanne Bell
Mitchell Elliott Coxwell
Ruth Branch Matoon
Wilson Charles Johns

10/18
Christina Eileen Price
Clara Rose Seymour-Luby
Danielle Charlene Whitener
Micha Frankie James Roberts
Shanika Rose Diane Cooper

10/19
Chloe Eileen Kirk
Trelace Rose Burrow

10/20
Michael Henderson Jr.
William Austin Randy John

10/21
Bear Jon Lewis
Draven Brown
Giovanni Xavier Solano
Leroy Yocash Jr.
Sean Robert Spezza

10/23
Erik Jason Johnson

10/24
Jorie Ogden
Roger Allen Turner-Ford
Rolayno Jay Charters
Rose Ann Davis

10/25
Cloe' Angelique Martin
Erika Ada Thale

10/26
Kasia Lee Seymour
1Lisa Marie Johns
Selah George Thale

10/27
Ellen Marie Davenport
Grace Anne Scout
Mario Lee Rivera

10/28
Gavin Anthony Bell

10/29
Adrian James Wier
Arthur Barragan
John Edward Krise
Mariano Christopher Bello
Marvin Stanley Henry III
Ronnie Patrick Johns
Zackary Taylor Sayers

10/30
Autumn Dancing Fire Wily
osef Turner Sigo
Tori Anne Willis

10/31
Chantel Vendella Afo-Krise
Hayden Joseph Seymour
Leanora Isabella Afo-Krise
Marvin Stanley Henry Jr.
Sam Emilio Luby
Tanya Gaylene Zock
Tarvail Roy Garcia
Wilma Moneaka Morris



Need a Tribal ID?




Contact Aleta Poste:

(360) 432-3923

acposte@squaxin.us







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

SQUAXIN ISLAND TRIBE

Non-Life Threatening Emergencies

<p>Emergency Operations Center (EOC) Hotline <i>(Information only - no voicemail)</i> (360) 432-3947</p> <p>Community EOC Hotline <i>(Questions and voice mail message)</i> (360) 443-8411</p> <p>Emergency Management Coordinator (360) 443-8410</p> <p>Community Emergency Response Team (CERT) (360) 426-5308</p>	<p>Squaxin Police Department Office Hours Monday - Friday 8:00-4:00 (360) 432-3831</p> <p>PUD No. 3 Outage Hotline (360) 426-8255</p> <p>Mason County Police Dispatch Non-Emergency (360) 426-4441</p> <p>Mason County Fire Non-Emergency (360) 426-3348</p>
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What's Happening

- EARTH DAY ARTS WALK AT SICDC** October 3
- PIER PEER** October 10
- CELEBRATION OF LIFE FOR PATTI RILEY** October 17
- CANDY CRAWL AT SICDC** October 18
- HAUNTED HOUSE & TRUNK-OR-TREAT** October 24
- WIC** October 10
- COURT**
 - Family Court October 2
 - Criminal & Civil Court October 28



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

Elders Menu

Fruit and salad at every meal



MONDAY 6:
Baked Potato Bar, Broccoli

TUESDAY 7:
Italian Sausage Soup, Breadsticks

MONDAY 13:
Tator Tot Casserole, Carrots

TUESDAY 14:
Chicken & Dumplings Soup w/ Crackers

MONDAY 20:
Enchilada Casserole, Black Beans

TUESDAY 21:
Split Pea Soup, Ham Sandwich

MONDAY 27:
Chicken Strips, Potato Wedges

TUESDAY 28:
Clam Chowder, Frybread

WEDNESDAY 1:
Chicken Teriyaki, Rice Veggies

THURSDAY 2:
Spaghetti, Corn, Garlic Toast

WEDNESDAY 8:
Chalupas

THURSDAY 9:
Baked Ham, Scalloped Potatoes, Green Beans

WEDNESDAY 15:
French Dip, Potato Salad

THURSDAY 16:
Pork Chops, Stuffing, Mixed Veggies

WEDNESDAY 22:
Chicken Wings, Rice Pilaf, Cauliflower

THURSDAY 23:
Steak, Roasted Red Potatoes, Broccoli

WEDNESDAY 29:
Indian Tacos

THURSDAY 30:
Sandwich Bar



THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT
YOUTH COURT
SQUAXIN ISLAND RESERVATION

IN RE: Case No.: CW-2023-4-4
O.M. NOTICE OF GUARDIANSHIP HEARING
Indian child

TO: Chevonne Obi and Rowland Mason

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 December 4, 2025 at 10:00 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 AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information regarding the hearing.

NOTICE -PAGE 1 OF 1

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

In Washington State, Help is 3 Numbers Away

211 maintains a comprehensive database of community resources and provides information and referrals for essential needs like:

- Food
- Housing and Shelter
- Utility Assistance
- Healthcare Services
- Government Services

211 also can connect people with information and referrals for:

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

988 provides crisis support for:

- Thoughts of Suicide
- Mental Health Crisis
- Substance Use Crisis
- Emotional Distress

Call for Suicide Intervention and Crisis Support

988

2-1-1

Washington

Warm Handoff

Whole Person Care

Warm Handoff

Call for Emergencies

911

911 provides first responder dispatch for:

- Medical Emergency
- Fire
- Reporting a Crime
- Disaster Response
- Life Threatening Situation



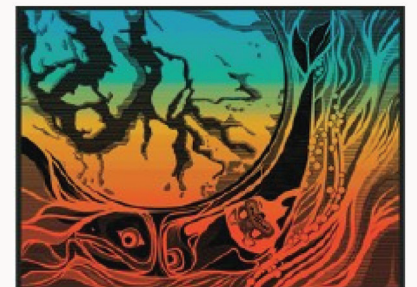
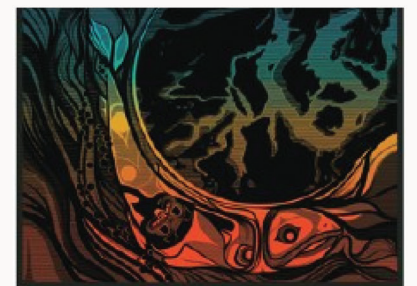
Learn more at
Traumatic Brain Injury



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



South Puget Intertribal Planning Agency

**USDA Foods Program
October Delivery Date**

Squaxin Island

**10/10/25
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.