

Island Enterprises, Inc. is Pleased to Introduce Woody Anderson as Its New Chief Executive Officer

Island Enterprises, Inc. is pleased to introduce Woody Anderson as its new Chief Executive Officer.

Anderson joined IEI in May 2026, bringing more than three decades of experience in Tribal government, economic development and executive leadership. His career has focused on strengthening Native-owned enterprises, developing new business opportunities and supporting long-term economic growth for Tribal communities.

Before joining Island Enterprises, Anderson served for more than five years as Executive Director of the United Keetoowah Band Corporate Board in Tahlequah, Oklahoma. He previously spent more than 15 years with Muscogee Nation Business Enterprise, including 11 years as Chief Executive Officer, and also served as Acting CEO of Muscogee Nation Businesses, LLC. During his time with Muscogee Nation Business Enterprise the company was involved in government contracting through the Small Business Administration (SBA) 8(a) program. During his time as CEO the company performed work in Afghanistan, Iraq and Mexico

His experience in Tribal economic development began with the Muscogee (Creek) Nation, where he served as Economic Development Coordinator and later Deputy Director of Tribal Affairs. He also served as President of Native American Equipment & Supply, Inc., giving him experience across Tribal government, business development and enterprise operations. As the Deputy Director of Tribal Affairs, his division included Federal Roads Program, Natural Resources, Realty, Tribal Loan Program, Facilities, GSA, Construction Projects, grant acquisition and interaction with the Tribal Council.



That depth of experience is especially valuable as Island Enterprises continues to grow and strengthen the businesses that support the Squaxin Island Tribe. As CEO, Anderson will work with the IEI Board of Directors, Tribal leadership and employees to strengthen existing enterprises, pursue responsible growth opportunities and support the Tribe’s long-term economic goals.

Island Enterprises currently oversees a diverse portfolio of businesses across retail, cannabis, seafood and distribution. Anderson’s role will include helping those businesses operate effectively today while identifying opportunities that can create lasting economic value for future generations.

Please join us in welcoming Woody Anderson to Island Enterprises, Inc. and the Squaxin Island community!

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

SQUAXIN ISLAND
TU HA' BUTS YOUTH CENTER

JOIN US FOR
TRUNK OR TREAT

COSTUME CONTEST • CAKEWALK
BEST TRUNK CONTEST

SCAN ME

OCT 23RD 5:00 - 6:30 PM

70 SE SQUAXIN LN
FRONT OF TYC BUILDING

SIGN UP HERE
TO REGISTER
YOUR TRUNK
OR MINI
GAME!

THIS EVENT IS FOR SQUAXIN TRIBAL
MEMBERS DESCENDANTS& COMMUNITY

IF YOU HAVE ANY QUESTIONS PLEASE REACH OUT TO
TANALEEITMENDOZA@SQUAXIN.US
KASIAIKSEYMOUR@SQUAXIN.US

THIS IS A DRUG AND ALCOHOL FREE EVENT

PAID TRAINING
OPPORTUNITY

Learn new skills. Get paid. Get ready for
a career in youth development.

TYC is planning a new training opportunity!

Learn hands-on skills for working with youth. Plus, you'll gain
experience that can help you get future jobs at TYC and beyond.

- Once a week for 8 weeks
- Open to people age 15 and older
- Paid training available to Squaxin tribal members and
descendants.

Interested? Let us know!
Fill out an interest form by December 10.

This program is awaiting funding. Fill out the
interest form to be contacted about next steps.
Anticipated to begin in January 2027.

Interest form
is due
10 DEC

Contact:
Mandy Paradise, TYC Director
mparadise@squaxin.us
360-432-3879



MINI KLAH-CHE-MIN SQUAXIN ISLAND TRIBAL NEWS

10 S.E. Squaxin Lane
Shelton, WA 98584

PHONE: (360) 426-9781
TOLL FREE: (877) 386.3649
FAX: (360) 426-6577
www.squaxinisoland.org

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

KRIS PETERS:	Chairman
TAYLOR KRISE:	Vice Chairman
JIM PETERS:	Secretary
JOSHUA WHITENER:	Treasurer
TYLER JOHNS:	1st Council Member
GREG LEHMAN:	2nd Council Member
CAMERON HENRY:	3rd Council Member

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

CONSTRUCTION NOTICE

ARCADIA POINT PARKING LOT

OCTOBER 19-23, 2026

LIMITED PARKING
PLEASE PLAN ACCORDINGLY

PARKING LOT IMPROVEMENTS

GRADING / POTHOLE REPAIRS / CRUSHED ROCK

Work will be completed in sections
to help maintain access.

QUESTIONS? 360-432-3969

Tully Kruger, Maintenance Manager
SQUAXIN ISLAND TRIBE

FREE WILLS AND ESTATE PLANNING FOR SQUAXIN TRIBAL MEMBERS AND THEIR SPOUSES NOW SCHEDULING FOR OCTOBER 20, 2026

Please be advised that this program
provides estate planning services in
accordance with **WASHINGTON**
STATE laws.

- Wills
- Powers of Attorney
- Advance Directives
- Health Care Directives
- Estate Planning

If you are interested in these services, please
get in touch with Lindsey Harrell, Legal
Coordinator for the Squaxin Island Legal
Department, at (360) 432-1771 ext. 2 or
Lharrell@squaxin.us

Do you have great photos to share in the 2027 Squaxin Island Tribe calendar?



Scan the QR code,
Create an Account,
Share/Upload
YOUR Photos!



Or email them to:
thenderson@squaxin.us



Council Corner

September 10 & 11

The Squaxin Island Tribal Council met on September 10 and held a full-day budget work session on September 11. The two days covered housing, natural resources, cultural partnerships, and the Tribe's spending plan for fiscal year 2027.

At its September 10 meeting, Council unanimously approved two resolutions. One is the FY 2027 Indian Housing Plan, an annual submission to the federal Office of Native American Programs. It focuses on maintaining and rehabilitating Tribal housing and on programs such as homebuyer education and financial literacy. The other supports a BIA-funded hydrologic study in Skookum Valley. The study will measure how much water trees draw and release, data missing from the Tribe's current water budget.

Council also welcomed Nancy Jo Bob, the Language Program's new manager. She has about 26 years of experience in language work, and her first priority is helping people learn to read the language. Council had a positive council-to-council meetings with the cities of Tumwater and Olympia. Council continues growing partnerships with both City Councils.

On September 11, Council reviewed the draft FY 2027 budget alongside department directors and the finance team. Grants make up about 43% of revenue, and the remaining 57% comes from Tribal sources. Council also heard budget presentations from Little Creek Casino, Island Enterprises, the Museum, Library and Research Center, and Skookum Creek Tobacco.

Council meetings are always available to be watched via Zoom using the QR code below.

Council minutes are always available to be read on the tribal website.

Squaxin Island Tribal Council Meetings

SECOND & FOURTH THURSDAYS
Each month

Watch the meetings here:

Tribal Council hosts a Public Comment Period at every Council Meeting. This period is from 9:15 - 9:30am. Attendees are encouraged to bring their comments in written form, and each individual's time will be limited.

Public Comment Period

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

Tribal Council feedback form:

https://squaxin.formstack.com/forms/feedback_form_tribal_council

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.



Arcadia Parking Lot Improvements Scheduled for October

The Squaxin Island Tribe will be making improvements to the Arcadia Point parking lot from October 19-23, 2026, with work focused on creating a smoother and improved parking area for the community.

During the project, the contractor will grade the parking lot, repair potholes, and add crushed rock to the main driving areas.

To help maintain access during construction, the work will be completed in sections. The contractor will improve one side of the parking lot at a time before moving to the other side. As a result, parking will be limited throughout the project, and community members and visitors are encouraged to plan accordingly.

As the construction dates approach, please watch for posted signs and additional notices regarding parking and access.

The Squaxin Island Tribe appreciates everyone's patience and cooperation while these improvements are completed and thanks to the community for helping ensure the work can be carried out safely and efficiently.

For questions regarding the project, please contact Tully Kruger, Maintenance Manager, at (360) 432-3969.



New Hours

Skookum Creek Tobacco Factory store has new hours. It will now be open:

Monday - Thursday	10:00 a.m. - 3:00 p.m.
Friday - Sunday	CLOSED

If you have any questions, don't hesitate to reach out!



Emergency Preparedness Fair

Kelly Guy - What's better than an end of summer community fair?! An end of summer community fair that also helps our Squaxin community be more prepared for emergencies and disasters! Thanks to all our government departments, Little Creek, IEI, South Mason Fire and Rescue, and Mason County PUD3 for the creative games and give-aways to help us learn more about how to be better prepared for those unexpected emergencies. From cybersecurity tips to helmets for kids, taste testing emergency food, and stopping significant bleeding, your departments and enterprises put on a fantastic event for you with lots of fun give-aways to boost your own emergency preparedness kit!

We also had the regional FEMA Deputy Director and staff visit Squaxin for the day and enjoyed all the booths and family fun with you, especially the bubble booth, thanks to Family Services!

Each of you can make a difference by ensuring that you and your family have an emergency preparedness kit and communication plan for when disasters or emergencies strike. The more prepared you are, the more prepared our community is! Contact Kelly Guy at kguy@squaxin.us if you want more information on emergency kits or preparedness for your family!



SPEED DATING WITH THE CANDIDATES

Thursday Oct 15 2026 6:30pm Mason County Public Works
100 West Public Works Dr Shelton

Candidates for these positions are invited

State Senate LD35

State Representative LD 35 Positions 1 and 2

Mason County Auditor

Mason County Commisioner Dist.No. 3

Mason County Clerk

Mason County Treasurer

*(LD= Legislative District)

Thank you to our sponsor





ISLAND ENTERPRISES INC
Weaving a strong business foundation for the
Squaxin Island Tribe's future.



IEI Welcomes Jennifer Rutledge

Island Enterprises Inc. is pleased to welcome Jennifer Rutledge to the IEI team, where she will be working in marketing to support our cannabis portfolio.

Jennifer is already a familiar face within the Squaxin Island community. Over the years, she has worked for and alongside the Tribe, using photography, project management and creative marketing to promote our businesses and help tell their stories.

Jennifer brings more than 20 years of experience in photography and visual storytelling, along with a strong background in creative strategy, marketing and sales. At IEI, she'll help bring campaigns and promotions to life through digital content, product launches, events, customer communications and other marketing efforts across the portfolio.

We're glad to have Jennifer's creativity, experience and longstanding connection to the Squaxin Island community on the IEI team. Please join us in welcoming her!



YOU'RE INVITED TO SICDC
Candy Crawl – Community Table Sign-Up

Date: October 17 2026
Time: 2:00 PM–4:00 PM
Location: Squaxin Island Child Development Center (SICDC)

We would love to have our community programs and partners join us for this year's Candy Crawl! This popular event welcomes more than 200 participants, so please plan accordingly when preparing your table.

Table Participant Expectations
Organizations or community programs signing up to host a table are responsible for providing:

- Candy or treats– to hand out
- Decorations– for their table/area
- Costumes –if participants choose to dress up

Sign-Up Required
All participating programs and community members must use the QR code provided to sign up for the event. Please sign up by October 9th 2026, this helps SICDC plan for space and coordinate participating tables. SICDC has a limited number of tables available, which will be provided on a first-requested, first-served basis. If you need SICDC to provide a table, please indicate this when signing up and email Program Manager Kaiti Krug at kkrug@squaxin.us to request a table.

Thank you for helping us make Candy Crawl a fun and memorable event for our children, families and community. We look forward to having you join us!

SCAN ME!



3851 SE OLD OLYMPIC HWY
SHELTON, WA 98584
KAITI KRUG, PROGRAM MANAGER
360-426-1398
[KKRUG@SQUAXIN.US](mailto:kkrug@squaxin.us)

  
s'g'w'i g'w'i' altx'
House of Welcome

**HOLIDAY
NATIVE ART MARKET**

Friday/Saturday December 11-12, 2026
11:00-5:00

Shop the art of more than 50 Native Artists celebrating Indigenous creativity, culture, and community. Discover original handmade beadwork, textiles, carvings, prints and more. This is a free event open to the community.



Enjoy a lunch of Indian tacos, soups, and desserts.
Cash only for food.
ATM on campus
Parking: Lot B Friday \$6.00
Parking on Saturday is free

s'g'w'i g'w'i' altx' House of Welcome Longhouse
at The Evergreen State College
2700 Evergreen Parkway, Olympia WA



Pet Vaccination Clinic

On Saturday, September 12, we held our annual community vaccine clinic — and this year was especially exciting because cats were included for the very first time! The response was incredible!

A total of 31 dogs and 18 cats received essential rabies and distemper/parvo vaccinations, along with flea and deworming medication. Thanks to the generosity of Rez Animal Resources and Education and Tumwater Veterinary Hospital, all services and medications were provided free of charge to Squaxin Island community members.

Veterinarians Dr. Madison Rao and Dr. Kristen Pitsenbarger gave each pet a quick health examination and took the time to answer questions and provide valuable guidance to pet owners. Veterinary Technicians/Assistants Felicia and Sam assisted the veterinarians and helped keep the dogs and cats comfortable throughout the vaccination process.

A heartfelt thank you to the entire team at Tumwater Veterinary Hospital and Amy Lauder milk with RARE for donating their time, expertise, and compassion to provide this valuable service to the Squaxin Island Tribe and its beloved pets. Your support helps families keep their animals healthy and protected from preventable diseases.

Vaccines are one of the simplest and most important ways we can protect our dogs and cats from serious and potentially fatal diseases. By making preventive veterinary care accessible, we can help pets stay healthy, help families avoid preventable suffering, and build a healthier community for everyone.



Hands-On Plumbing Class

The Office of Housing recently hosted a hands-on plumbing class to introduce tribal members to the basics of plumbing and provide practical skills they can use in their own homes.

During the class, participants learned about common plumbing components, basic tools, simple repairs, and how to spot potential plumbing issues before they become bigger problems.

It was a great opportunity for tribal members of all experience levels to ask questions, share knowledge, learn from one another, and gain confidence in tackling basic plumbing projects around the home.

The class was a wonderful reminder of the value of hands-on learning and the importance of creating opportunities for our tribal members to build practical skills they can use every day.





What's new at TYC?

We now have open gym on Fridays from 6:00 - 8:00 p.m. for ages 13+. Coach Tae'Lor will be onsite and ready to host. We hope to make more nights available in the future.

The Halloween celebration is set for October 23 at 5:00 p.m. Join us for a Trunk-or-Treat & Mini Circus-themed spooky experience.

Griffin and Shelton school districts have conference week near the end of October. This means early release and TYC will be open earlier on those dates.

Teens	M	Tu	W	Th	F
Teen Program; 3-6pm in Mary Johns Room	X	X	X	X	X
Youth Council 5-6, Thursdays in Mary Johns				X	
Open Gym! For ages 13+ at 6-8pm, Fridays					X
Basketball Practice 12-18u at 3:15-4:30pm	X	X		X	
Lacross Camp Until Oct. 19 at 5-7pm, Mondays	X				
Basketball Skills Session, Wednesdays			X		

Youth	M	Tu	W	Th	F
Youth After School Program; 3-6pm daily Earlier on school early-release days Crafts, swimming, games, & more!	X	X	X	X	X
Basketball Practice: 10u at 5-6pm		X		X	
Basketball Practice: 12-18u at 3:15-4:30pm	X	X		X	
Lacross Camp Until Oct. 19 at 5-7pm, Mondays	X				
Basketball Skills Session, Wednesdays			X		

Community Kitchen: Repairs

Repairs are being made in the Community Kitchen to fix damaged flooring. Repairs are scheduled for November and mainly impact the lady's restroom.

We are doing our best to schedule work around reservations.

- You may see construction, plumbing, or carpentry work taking place during your reserved time.
- Depending on the urgency of the repair work, reservations may be impacted.

We appreciate your flexibility and understanding as we complete these important improvements. Please plan accordingly and exercise caution around clearly marked work areas.



TYC Annual Backpack and School Supplies Giveaway

Our annual TYC Backpack and School Supplies Giveaway was a great success! We were excited to provide students with backpacks and essential school supplies to help them get ready for the new school year.

The event was filled with smiles and excitement as students received their new backpacks and supplies. We are proud to continue this annual TYC tradition and support local youth as they begin another school year.

Thank you to everyone who helped make this year's giveaway a success. We look forward to continuing this meaningful event in the years ahead!





Oakland Bay Junior High

Kiana Wily, Middle School Student Advocate, Oakland Bay Junior High - *Conference Time Is Near*

Though it feels like we've only just returned, it's already time to start thinking about getting your student's teacher conferences on your calendars. Conference week will be October 19th through the 23rd. The first round of conferences is the perfect time to meet with your kiddos' teachers and learn specific details about your students' academic journey. Teachers get the chance to praise your child's strengths and discuss areas of interest and figure out how we can best wrap around our students and provide them with the support they need. Helping to keep our teens motivated is an important part of the journey, and conferences are just one simple way of sending a clear message that their education is a top priority.

I am at the junior high Monday through Friday and Shelby, the School District Native Ed Parapro, is here at the Bay every Wednesday. I am also available after school in the Mary Johns room on the far side of the gym. Come check out our new and evolving teen room! That is the room for tutoring for our junior high and high school aged students.



*Happy to be back in business at OBJH
Elianna, Thailer, and Breezy enjoying our space here at the school*



Zayne Dorland is officially a teenager!



Olivia, Satayla, and Elaine pulling up ready for the first day of school

Olympic Middle School

Tamika Krise - Hello everyone!

It is month two of the new school year! I am excited to share about my recent transition from Bordeaux to Olympic Middle School. I love that I was able to come up with our new 5th graders and continue growing those relationships. I am looking forward to building stronger bonds with our 6th graders and to, all around, get to know my new environment.

I will be here to support our 5th and 6th graders however I can . . . academics, attendance, a listening ear, and more. I will still be at the TYC until 4:30 to help with homework/unfinished work Monday through Thursday, so send your students up!

My contact info is still the same. Feel free to get ahold of me with any questions or concerns!

Tkrise@sheltons.schools.org

Tmkrise@squaxin.us

facebook page @Tamika StudentAdvocate

Tu Ha' Buts Youth Center

BRAS FOR GIRLS EVENT

Monday, October 19th @ 1pm
Mary Johns Room!

PSA
During this event, participants will learn about proper bra fit and sizing and will have the opportunity to receive a bra.

Participation is voluntary, and a completed parent/guardian permission form is required for a youth to participate in the bra sizing portion of the event.

PARENTS MUST FILL OUT PARTICIPATION FORMSTACK FOR YOUTH TO PARTICIPATE

Sign Up Here!



BRAS FOR GIRLS

For more information contact
Coach Tae'Lor
(360)688-8452
tglass@squaxin.us

Kasia Seymour
(360)432-3801
kseymour@squaxin.us

"Bras For Girls is a 501C3 non-profit dedicated to reducing barriers for girls in sports. Their organization donates NEW, High-quality sports bras and breast development education booklets to under-resourced communities. By normalizing body changes, Bras For Girls supports girls and their relationship with body movement for life."



YOUTH CENTER



Bordeaux

Madeline Cain, mcain@squaxin.us - Greetings everyone!

The school year has officially kicked off, and I am thrilled to finally be here at Bordeaux Elementary as the new Squaxin Student Advocate and making connections with all the amazing youth, teachers, staff, and parents.

I have officially had the chance to meet every student I will be working with this year and introduce myself to their teachers. It's been so fun and rewarding to see the youth I know from Summer Rec at school and strengthening those old relationships.

The students are already off and running, starting projects, and taking on new topics. So many have already reported to me how they are excited about what they are learning, are getting a chance to be helpers in their classrooms, and earning "tickets" for positive behavior that can later be exchanged for prizes. I have seen students making great strides to actually participate in class and giving themselves the chance to prove to themselves that they are capable.

We have even successfully held our first 4th and 3rd grade lunch groups of the year, in which a small group of students eat communally in the Native Ed. room and we have a chance to connect, talk about our day, and make some time to laugh and be silly together.

I am already so proud of this group and am so eager to see all the good they are going to achieve this year.

This role has been a learning opportunity for me, and I am excited to embrace the challenges and grow alongside your youth, as I learn how to help them be their most successful selves. Thank you for trusting me with your youth and I

look forward to continuing to support them, cheer them on, provide resources, or be a safe space for them in any way I can.

If you have any questions, concerns, or are in need of support, please feel free to reach out to me: Mcain@squaxin.us.

Best wishes,
Madeline :-)

Higher Education

Higher Education students,

Don't forget to complete your 2026/2027 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 (ex. address, phone number, email address) 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.

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

OCTOBER 2026 POOL CALENDAR							Key: LS: Lap Swim OS: Open Swim EA: Elders Aerobics ASP: After School Program PPP: Private Pool Party FRONT DESK: 360-432-3852 (CALL FOR RECORDING OF DAILY SCHEDULE) POOL OFFICE: 360-432-3873 NON-TRIBAL SWIM FEES: \$5/VISIT OR \$30/MONTH FOR SINGLE PASS \$45/MONTH FOR FAMILY PASS TRIBAL MEMBERS SWIM FOR FREE!
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
				1 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	2 LS/OS: 8:30 AM - 4:00 PM ASP: 4:15 PM - 5:30 PM	3 LS/OS: 8:30 AM - 5:30 PM	
4 LS/OS: 8:30 AM - 5:30 PM	5 LS/OS: 8:30 AM - 5:30 PM	6 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	7 LS/OS: 8:30 AM - 4:00 PM ASP: 3:00 PM - 4:30 PM	8 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	9 CLOSED For Staff Meeting	10 LS/OS: 8:30 AM - 12:30 PM CLOSED for PPP: 12:30 PM - 3:00 PM LS/OS: 3:00 PM - 5:30 PM	
11 LS/OS: 8:30 AM - 5:30 PM	12 LS/OS: 8:30 AM - 5:30 PM	13 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	14 LS/OS: 8:30 AM - 4:00 PM ASP: 4:15 PM - 5:30 PM	15 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	16 LS/OS: 8:30 AM - 4:00 PM ASP: 4:15 PM - 5:30 PM	17 LS/OS: 8:30 AM - 5:30 PM	
18 LS/OS: 8:30 AM - 5:30 PM	19 LS/OS: 8:30 AM - 5:30 PM	20 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	21 LS/OS: 8:30 AM - 4:00 PM ASP: 3:00 PM - 4:30 PM	22 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	23 LS/OS: 8:30 AM - 12:00 PM CLOSED 12:00 PM - 5:30 PM FOR YOUTH HALLOWEEN PARTY	24 LS/OS: 8:30 AM - 5:30 PM	
25 LS/OS: 8:30 AM - 5:30 PM	26 LS/OS: 8:30 AM - 5:30 PM	27 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	28 LS/OS: 8:30 AM - 4:00 PM ASP: 4:15 PM - 5:30 PM	29 LS/OS: 8:30 AM - 10:30 AM EA: 10:30 AM - 11:30 AM LS/OS: 11:30 AM - 5:30 PM	30 LS/OS: 8:30 AM - 4:00 PM ASP: 4:15 PM - 5:30 PM	31 	
SCHEDULE IS SUBJECT TO CHANGE AT ANY TIME DUE TO COMMUNITY/STAFF/YOUTH EVENTS							



Youth Center



After School Program in September

The After School Program is excited to welcome youth back for another school year packed with fun, culture, cooking, and sports! Wednesday, September 2nd was the first day of the after-school program!

Throughout September, youth had a variety of hands-on experiences through cooking activities on Wednesdays that included making delicious treats such as cinnamon donuts, fruit popsicles, monkey bread, and fruit smoothies. Yum! On Friday's youth also had a great time with the STEM experiments like slime and Oobleck.

On Thursday's youth got to experience traditional medicine activities. Participants were able to learn about wild berries and their traditional medicinal uses through activities such as wild berry tea, wild berry honey, and wild berry Bingo fun. Youth also had a good time making their own bone bead earrings and choker. They used bone beads sinew and leather to create them. They turned out awesome.

Outdoor recreational and physical activities continued throughout September. Youth got to play outdoors on the playground. They got to play kick-

ball and sprout ball in the field; it was a lot of fun! Youth got to go to T'Peeksin Park and take nature walks around the pond.

Swimming is now on Wednesdays and Fridays from 4:15-5:30 p.m. It was earlier on Wednesday, September 16th and Friday, September 25th (3:00-4:00 p.m.) for early release. This remains the favorite activity, and it gives the youth the chance to stay active while having fun with their friends.

Movie Night was a blast for youth on Friday, September 25th from 4:30 - 6:00 p.m. They got to eat popcorn and have some snacks and a drink. What a good time.

We are excited to start another school year with youth and their families full of fun and activities!

Stay tuned for the upcoming Tu Ha Buts Youth Program calendar in October 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 & any urgent updates directly to your phone.



Basketball Practice



October 2026

Rec Room: 360-432-3986 | Sara: 360-432-3992 | Tanalee & Tayla: 360-432-3819

			After School Program: 3:00-6:00pm 1 DIY Halloween Paper Chain	After School Program: 3:00-6:00pm 2 STEM: Ironing Beads
After School Program: 3:00-6:00pm 5 Cultural Activity: Beaded Bracelets	After School Program: 3:00-6:00pm 6 Cooking Activity: Muddy Buddies (Chex Mix)	After School Program: 12:30-6:00pm 7 Traditional Medicine: Pumpkins/ Apples Swimming 4:30-5:30pm SSD 1.5 Hr. Early Release GSD Early Release @ 2:30	After School Program: 3:00-6:00pm 8 DIY 5:00- DIY Puffy Ghost	After School Program: 3:00-6:00pm 9 STEM: Rock Painting Swimming 4:30-5:30pm
After School Program: 3:00-6:00pm 12 Cultural Activity: Beaded Necklaces	After School Program: 3:00-6:00pm 13 Cooking Activity: Halloween pumpkin Rice Krispy Treats	After School Program: 12:03-6:00pm 14 Traditional Medicine: Pumpkins/ Apples Swimming 4:30-5:30pm GSD Early Release @ 2:30	After School Program: 3:00-6:00pm 15 DIY 5:00- DIY Skeleton/ Witch Handprint	After School Program: 3:00-6:00pm 16 STEM: Bingo Swimming 4:30-5:30pm
After School Program: 12:00-6:00pm 19 Cultural Activity: Pony Beads + Iron Beads SSD 3 hour Early Release conference week	After School Program: 12:00-6:00pm 20 Cooking Activity: Popcorn Balls SSD 3 hour Early Release conference week	After School Program: 12:00-6:00pm 21 Traditional Medicine: Maple Swimming 4:30-5:30pm GSD Early Release @ 2:30 SSD 3 hour Early Release conference week	After School Program: 12:00-6:00pm 22 DIY Mummy Candle mason Jars SSD 3 hour Early Release conference week	No After School Program 23 Trunk-Or-Treat 5-6:30pm
After School Program: 12:00-6:00pm 26 Cultural Activity: Beaded GSD 3 hour Early Release conference week	After School Program: 12:00-6:00pm 27 Cooking Activity: FANTA Jack O' Lantern Floats GSD 3 hour Early Release conference week	After School Program: 12:00-6:00pm 28 Traditional Medicine: Maple Swimming 4:30-5:30pm SSD 1.5 Hr. Early Release GSD 3 hour Early Release conference week	After School Program: 12:00-6:00pm 29 DIY 5:00- DIY Halloween silhouette art GSD 3 hour Early Release conference week	After School Program: 12:00-6:00pm 30 STEM: Movie Night!!!!!! GSD 3 hour Early Release conference week
Key: SSD – Shelton school District GSD – Griffin School District	After-School Mealtimes: Early Snack: 3:00pm-3:45pm Late Snack: 4:00pm-4:45pm	Activity Time: 5:00-5:45pm	Swimming: Wednesday & Friday 4:30-5:30pm	

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



Teen Program

Keesha Vigil, Teen Program Manager (kvigilsnook@squaxin.us) - We have some exciting updates happening with the Teen Program!

The Teen Room (Mary Johns Room) is officially open! We are open Monday through Friday from 3:00- 6:00 p.m. Teens are encouraged to stop by, hang out, connect with friends, and enjoy the new space. We are continuing to work on the Teen Room and make it a place that feels like home for our youth. We are excited to see the space grow with their ideas, creativity, and personalities.

The Youth Council is also back in action! Meetings are now held every Thursday from 5:00- 6:00 p.m. Youth Council gives our teens an opportunity to have a voice, develop leadership skills, plan activities, and find ways to give back to our community.

The Youth Council has already started planning its next fundraiser - a bake sale! The youth are working together to plan the details, so please keep an eye out for more information and come support them when the time comes!

We are looking forward to a great fall filled with connection, leadership, and creating a Teen Program space that our youth can truly call their own.

Please register your teen!



Why register?

Teens can participate and sign up for any activities held by the Squaxin Teen Program

Questions please contact Keesha:

Kvigilsnook@squaxin.us
360-463-0681



SCAN ME OR
CLICK THE LINK
ABOVE

Squaxin Teen Programming

 **2026
OCTOBER**

PSA'S:
**OCTOBER 23RD IS OUR
ANNUAL TRUNK OR
TREAT AT THE YOUTH
CENTER.**

OUR DEPARTMENT
WILL HAVE A
CARNIVAL THEMED
"TRUNK" WITH MANY
GAMES AND FUN
TREATS FOR THE
YOUTH!!!!!!!!!!!!!!

Monday	Tuesday	Wednesday	Thursday	Friday
			1 YOUTH COUNCIL 5-6PM @MARY JOHNS ROOM	2 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM
5 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	6 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	7 HW HELP FOR 7 -12 TH GRADE 1-6PM @MARY JOHNS ROOM	8 YOUTH COUNCIL 5-6PM @MARY JOHNS ROOM	9 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM
12 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	13 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	14 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	15 YOUTH COUNCIL 5-6PM @MARY JOHNS ROOM	16 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM
19 HW HELP FOR 7 -12 TH GRADE 1-6PM @MARY JOHNS ROOM	20 HW HELP FOR 7 -12 TH GRADE 1-6PM @MARY JOHNS ROOM	21 HW HELP FOR 7 -12 TH GRADE 1-6PM @MARY JOHNS ROOM	22 NO PROGRAMMING TO PREP FOR TRUNK OR TREAT	23 TRUNK OR TREAT
26 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	27 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	28 HW HELP FOR 7 -12 TH GRADE 3-6PM @MARY JOHNS ROOM	29 NO PROGRAMMING	30 NO PROGRAMMING



Youth Center



Tu Ha Buts Youth Center

YOUTH LACROSSE CAMP

Mondays
Sept 14th - Oct 19th
5pm to 7pm

PNW Native Lacrosse is a non-profit organization created by JD Elquist dedicated to promoting the Creator's Game by providing opportunities for Native youth and communities to learn, play, and connect through lacrosse while honoring Indigenous culture and traditions. At PNW Native Lacrosse camps, we help players progress their skill development, offer teamwork and mentorship, and create a welcoming environment where athletes can grow both on and off the field.

For More Information

Coach Tae'Lor 360-688-8452
tglass@squaxin.us

Kasia Seymour 360-432-3801
kseymour@squaxin.us

BASKETBALL PARENT NIGHT

Come join us for an informational night talking all things basketball! Program updates from Coach Tae'Lor, how parents can be involved, and tournament goals. If your youth plays, or wants to join the basketball team, please join us!

Community Kitchen
Tuesday October 6th @ 5:30pm

SPAGHETTI DINNER | SHARE YOUR IDEAS! | PRACTICE SCHEDULES, EXPECTATIONS & MORE!

More information: Coach Tae'Lor 360-688-8452
tglass@squaxin.us

Kasia Seymour 360-432-3801
kseymour@squaxin.us

SQUAXIN BASKETBALL OPEN GYM

EVERY FRIDAY !
STARTING SEPTEMBER 4TH 2026
6PM TO 8PM

FOR SAFETY:
ADULTS AND YOUTH AGED 13 & UP ONLY

MORE INFO CONTACT:
COACH TAE'LOR 360-688-8452
TGLASS@SQUAXIN.US

KASIA SEYMOUR 360-432-3801
KSEYMOUR@SQUAXIN.US

OCTOBER SQUAXIN SPORTS 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
			1 12u - 18u 3:15 - 4:30pm 10u 5 - 6pm	2 Gym Open for all ASP Youth	3	4
5 12u - 18u 3:15 - 4:30pm Lacrosse 5 - 7pm	6 Basketball Parent Night @5:30pm	7 SSD 3 hr Early Release: Gym Open ALL TEAMS Skills Training 4:30pm - 6pm	8 12u - 18u 3:15 - 4:30pm 10u 5 - 6pm	9 Gym Open for all ASP Youth	10	11
12 12u - 18u 3:15 - 4:30pm Lacrosse 5 - 7pm	13 12u - 18u 3:45 - 5pm 10u 5 - 6pm	14 ALL TEAMS Skills Training 4:30pm - 6pm	15 12u - 18u 3:15 - 4:30pm 10u 5 - 6pm	16 Gym Open for all ASP Youth	17 TBD SMU Volleyball Game @1pm	18
19 Bras 4 Girls Event @1pm 12u - 18u 3:15 - 4:30pm Lacrosse 5 - 7pm	20 SSD Confrence Week 3 hr early release: Skills & Drills with Coach Tae'Lor BEFORE practice 12u - 18u 3:45 - 5pm 10u 5 - 6pm	21 ALL TEAMS Skills Training 4:30pm - 6pm	22 12u - 18u 3:15 - 4:30pm 10u 5 - 6pm	23 Gym Open for all ASP Youth	24	25
26 GSD Confrence Week 3 hr early release: Skills & Drills with Coach Tae'Lor BEFORE practice 12u - 18u 3:15 - 4:30pm 10u 5 - 6pm	27 12u - 18u 3:45 - 5pm 10u 5 - 6pm	28 ALL TEAMS Skills Training 4:30 - 6pm	29 12u - 18u 3:15 - 4:30pm 10u 5 - 6pm	30 Gym Open for all ASP Youth	31	



Seattle Storm Basketball Clinic

On Saturday, August 28th, our youth had the opportunity to attend a FREE basketball clinic, through our partnership with the Seattle Storm WNBA team and the Rise Above Organization. They learned skills not only in basketball, but also in teambuilding, teamwork, and had fun while doing it!"



Our youth taking instructions from Coach K, who helps train the Seattle Storm!



Elias A and Oakland working on drills together



LJ Cooper taking the shot



Thank you Seattle Storm and Rise Above!

Seattle Storm Native American Heritage Night!

Through our connection with the Seattle Storm WNBA team, Squaxin was invited to attend Native American Heritage night. We got a table where we were able to share information on our tribe through the museum. Thank you, Sierra, Elijah and Jeremiah, for collaborating with Coach Tae'Lor on this to make sure Seattle got the best information about our tribe and our people!



Seattle Storm Native American Heritage Night!



Elias and Nutella at Seattle Storm training clinic



Seattle Storm Basketball Clinic



Elias learning how to get around the defense!



Keona and Sam taking a break during the clinic. Good work, guys!



Noah working on his basketball skills



Rise Above set up in the gym



Kacen, Attawit and Andre doing skills drills



Jackie, founder of Rise Above motivating our youth!



Our younger youth taking a break with a teen



Youth in line to sign in for the clinic! Ready and excited to learn



MLRC ART GALA



Charlene Krise - The annual Water Sounds Art Gala was held on September 19th at Little Creek Casino Resort's Events Center.

A special thank you to Tribal artists who supported the MLRC's cultural education through their generosity in donating Salish artwork. Each donated art piece took hours, or even days, to create. Each item had an unspoken story to share with the person who became the winning bidder. Tribal artists are amazing in how they capture people with artistic creations using different mediums and colors to tell powerful stories within the art.

Every year the Squaxin Natural Resources Department is one of the strongest collaborators of hospitality by preparing the best native cuisine for everyone - the freshly caught baked salmon over an open fire pit.

A big thank you to Salish Seafoods for delicious oysters in the half shell! People wanted to go back several times...they couldn't get enough.

The home made baked berry pies always receive raving reviews. Each berry was hand picked by Leila and her mother, Ruth, for perfect sweetness. A special thank you to Leila Whitener.

Every year Squaxin honors the first foods by offering each individual an opportunity to taste the flavors of indigenous food and tea. Red Wolf Krise and his mother, Kimberly, prepared and served the food and tea and opened the event with a Salish prayer song. Food sovereignty and artistic Native cuisine continued to be honored at the Art Gala.

We are grateful for the continued collaboration with the Squaxin Community Garden in helping to host the first foods and tea preparation. Thank you for your service to the people.

Thank you, LCCR staff, for preparing elk stew, geoduck fritters, clams, and hospitality for the Art Gala. The food was delicious!

Thank you to Will Henderson for the smoked salmon dip.

Thank you to all the numerous businesses and generous individuals who donated to the empowerment of cultural education.

More photos on Page 16 and 24





MLRC Art Gala



JOIN US!
SHARE A MEAL
HEAR INSPIRING STORIES

Thank Full for so Much
Thursday
November 19, 2026
Squaxin Island Community Kitchen
50 S.E. Squaxin Lane
Shelton Wa 98584

6:30-7:30
Fellowship with Potluck Dinner

7:30-9:00 (or until speaker finishes)
Speaker Meeting
Chasity M.T. 22 years
Bailem Z. 3 years

Hosted by
Squaxin Island Spiritual Fellowship
of Alcoholics Anonymous

For more information, contact Chasity:
cbutterfly9@gmail.com
(360) 451 2073


SQUAXIN ISLAND MUSEUM
Christmas
NATIVE
MARKET

NOVEMBER 6TH **NOVEMBER 7TH**
9:00 - 5:00 **9:00 - 4:00**

PLEASE JOIN US & SHOP FOR
UNIQUE GIFTS

FOR MORE INFORMATION
CONTACT: RUTH WHITENER
360-432-3841
150 Kwuh-Deeg-Altsw
Shelton WA 98584



Fentanyl Prevention and Awareness Event

Rose BlueBack - On August 21, 2026, Squaxin Island Behavioral Health and Squaxin Island Health Clinic came together to host a Fentanyl Prevention and Awareness Event, bringing community members together for an evening focused on education, prevention, personal stories, and lifesaving resources. The collaborative event provided an opportunity for community members to learn more about fentanyl, overdose prevention, and the importance of knowing how to respond during an emergency.

A key part of the evening was the partnership with Lyndsey Goldsby, Tribal Clinic RN, who provided valuable education on recognizing the signs and symptoms of a fentanyl overdose. She discussed the importance of recognizing a possible overdose and responding quickly. Following the presentation, Goldsby provided a demonstration on how to use Narcan (naloxone), giving attendees practical knowledge that can help them feel more prepared and confident to respond during an overdose emergency.

The evening also included a showing of the “For Our Lives: Narcan Is Not Just Medicine, it’s a Second Chance” videos, featuring Tribal Members and staff who shared their personal stories and experiences with Narcan. The videos featured Tribal Members Kendra Lewis and Tyler Sanchez, along with Ase Torjussen, SUDP, and Amaya Mejia-Remigio of Squaxin Island Behavioral Health. Their stories brought a personal and meaningful perspective to the evening’s message. By sharing their experiences, they helped demonstrate the importance of Narcan education, accessibility, and open conversations about overdose prevention. Their stories reminded attendees that behind every overdose is a person, a friend, a family, and a community, and that Narcan is not just medicine, it’s a second chance.

Another powerful and emotional moment of the evening came when Alexandria Rodriguez shared her personal experience of using Narcan to help save a friend’s life. She spoke about the fear, worry, pressure, and overwhelming emotions she experienced while trying to help someone she cared about during an emergency. Despite the emotions of the moment, she was able to respond and use Narcan to help save her friend.

Her experience reinforced the importance of, not only having Narcan available, but also knowing how to use it. Her story served as a powerful reminder that overdose emergencies can happen unexpectedly and that having the knowledge and confidence to respond can make a lifesaving difference when every moment counts.

Sneha Gunda, Clinic Public Health Specialist, also attended and supported the evening’s prevention and awareness efforts. Clinical staff provided attendees with important prevention and safety resources to take home, including Narcan kits, gloves, and fentanyl test kits. Providing these resources helped ensure that participants left the event with both increased knowledge and practical tools they could have available if needed.

To better understand the impact of the event, attendees were asked to complete surveys before and after the presentation. The surveys were designed to gain an understanding of participants’ knowledge of Narcan, including their familiarity with what Narcan is and how to use it. The pre- and post-event surveys can help identify changes in participants’ knowledge and understanding following the presentations, personal stories, videos, and Narcan demonstration.

The evening also provided an opportunity for community members to connect and enjoy a meal together. Lettie Machado-Olivo was contracted to prepare a delicious dinner for attendees, helping create a warm and welcoming environment for learning, conversation, and community connection.

Overall, the August 21 Fentanyl Prevention and Awareness Event was a successful collaboration between Squaxin Island Behavioral Health and Squaxin

Island Health Clinic, with a great community turnout. Through education, personal experiences, the “For Our Lives” videos, a Narcan demonstration, prevention resources, surveys, and community fellowship, the event helped raise awareness and strengthen community knowledge about fentanyl and overdose prevention.

A heartfelt thank you to Lyndsey Goldsby, Alexandria Rodriguez, Sneha Gunda, Kendra Lewis, Tyler Sanchez, Ase Torjussen, Amaya Mejia-Remigio, the Squaxin Island Behavioral Health staff, and the Squaxin Island Health Clinic for helping make this event possible.

We would also like to extend a special thank you to Susan LaClair for putting together the wonderful “For Our Lives” merchandise bags, and a special shout-out to Lettie Machado-Olivo for providing the delicious food!

Finally, thank you to everyone who attended, participated, and contributed. Your support and involvement helped make this event a wonderful success! By continuing to work together, sharing personal experiences, providing education, making lifesaving resources accessible, and supporting one another, we can continue building a healthier, safer, stronger, and more informed community.





Stay Healthy This Season: Preventing Common Fall and Winter Illnesses *Protecting Yourself, Your Family, and Your Community*

As the weather becomes cooler and people spend more time indoors, respiratory illnesses such as influenza (flu), COVID-19, respiratory syncytial virus (RSV), and the common cold become more common. Fall is an ideal time to take steps that can help protect your health and reduce the spread of illness within our homes, workplaces, schools, and community. Preventive actions taken early in the season can help keep families healthier throughout the fall and winter months. Health organizations emphasize the importance of vaccination, hand hygiene, and staying informed as key strategies for preventing seasonal illness.

One of the most effective ways to protect yourself from serious illness is to stay up-to-date on recommended vaccinations. Vaccines help the body's immune system recognize and fight infections before they cause severe disease. Individuals should talk with their healthcare providers about recommended seasonal vaccinations, especially older adults, young children, pregnant individuals, and people with chronic health conditions who may be at higher risk for complications from respiratory illness. Vaccination not only helps protect the individual receiving it but also helps reduce the spread of disease throughout the community.

Good hand hygiene remains one of the simplest and most effective ways to prevent the spread of germs. Washing hands frequently with soap and water for at least 20 seconds can reduce the transmission of many viruses and bacteria. Hand washing is especially important after coughing, sneezing, using the restroom, and before preparing or eating food. When soap and water are not available, an alcohol-based hand sanitizer can be used. Regular cleaning of commonly touched surfaces such as doorknobs, light switches, phones, and countertops can also help reduce the risk of illness.

Another important step is staying home when feeling sick. Symptoms such as fever, cough, sore throat, fatigue, congestion, or body aches may indicate a contagious illness. Resting at home helps support recovery while reducing the risk of spreading illness to others. Families are encouraged to develop plans that allow sick household members to rest and recover while minimizing contact with those who may be more vulnerable to severe illness, including elders and individuals with underlying medical conditions.

Maintaining healthy habits throughout the year can also strengthen the immune system and support overall wellness. Eating a balanced diet rich in fruits and vegetables, engaging in regular physical activity, getting adequate sleep, managing stress, and staying hydrated all contribute to better health. These healthy lifestyle practices not only support immune function but also improve physical and mental well-being during the shorter days and colder months of the year.

It is also important to obtain health information from trusted sources. Reliable information from healthcare providers, local health departments, and national public health organizations can help individuals make informed decisions about disease prevention and treatment. Understanding when to seek medical care, recognizing symptoms that require immediate attention, and following current public health recommendations can help prevent complications and improve outcomes.

As we enter the fall and winter season, small actions can make a big difference in protecting ourselves and those around us. By staying up-to-date with recommended vaccinations, practicing good hygiene, maintaining healthy habits, and staying home when sick, we can help reduce the spread of seasonal illness and contribute to a healthier community. Working together to prevent illness strengthens our ability to care for one another and supports the health and well-being of the entire community.

We're Here to Help

If you have questions about staying healthy during cold and flu season, need information about recommended vaccinations, or would like help accessing healthcare services or get flu shots, please contact:

Squaxin Island Health Clinic: (360) 427-9006

Our staff are available to provide guidance, answer questions, and connect you with resources to support the health and well-being of you and your family. Together, we can help protect ourselves, our loved ones, and our community this season.



Squaxin Island Health Clinic

Get Your Flu Shot

**Protect Yourself.
Protect Your Community.**

Stay healthy this flu season, roll up your sleeve and make a difference. Together, we can build a healthier community, one vaccination at a time!



Squaxin Island Health Clinic
8:00am - 6:00pm

Don't wait — get your flu shot and stay protected all season long!

Call us to get more information: : (360) 427-9006



The Essential Role of Water in Human Health

Think of what you need to survive—just survive. Food? Water? Air? Internet? Water often gets overlooked, yet it is one of the most important parts of staying alive and healthy. In this guide, we'll focus on why hydration matters, how much water you may need, and the best ways to make water part of your day.

Why Water Matters

Water is essential to every part of the body. On average, the human body is about 60% water, but that percentage can range from 45-75% depending on a person's build and body composition. Water is found in every cell, from the brain to the teeth. It supports nearly all body functions and helps keep the body working properly from the inside out.

Survival Without Essentials

Without food:	More than a month
Without water:	Approximately one week

Daily Water Needs

There is no single daily water amount that works for everyone. Your needs can change based on age, sex, weight, health, physical activity, and climate. A simple way to estimate your minimum daily intake is to divide your body weight in pounds by two. The result gives you a practical goal in ounces for the day. This method is not perfect, but it is a useful starting point for most people.

Step	Calculation	Example (140 lbs)
Your weight in pounds	Body weight	140 lbs
Divide by 2	Body weight ÷ 2	$140 \div 2 = 70$
Daily water goal	Result in ounces	70 oz/day

Calculate your daily water goal:

- My weight: _____ pounds
- My daily water goal: _____ ounces (weight ÷ 2)

Water from Food

You do not have to get all of your water from drinks alone. Some of your daily intake also comes from food, especially vegetables, which are often over 90% water by weight. Adding water-rich foods can help support hydration throughout the day. These foods are especially helpful when you want variety in your diet while still meeting your fluid needs.

- Lettuce
- Celery
- Bok choy
- Radish
- Cucumber
- Zucchini
- Watercress
- Tomatoes
- Green bell peppers
- Asparagus



What About Sports Drinks?

Sports drinks can be useful for athletes who are active for more than 90 minutes, especially in hot environments or during heavy sweating. They were designed for extended, intense activity—not for everyday hydration. For most people, regular use is unnecessary. These drinks can also contain a lot of sugar and salt, which may cause problems over time.

- Weight gain from excess sugar and salt
- Digestive issues (stomach pain, diarrhea)

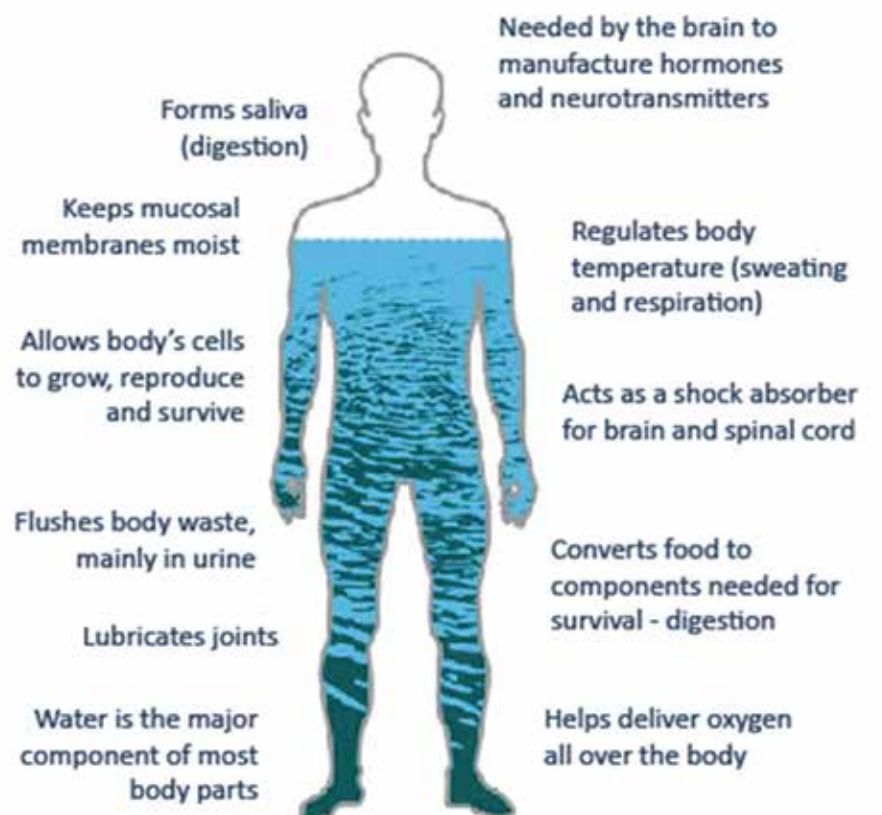
Best Hydration Practices

When you are thirsty, choose water instead of soda, sweet tea, lemonade, energy drinks, or fruit juice. Cold water is often absorbed better than warm or room-temperature water, making it a good choice when possible. Aim for small amounts throughout the day rather than waiting until you feel very thirsty. Increase your intake on days when you exercise or sweat more than usual. Most importantly, listen to your body and drink water whenever you need it or are able to do so. Consistent hydration is a simple habit that supports better health every day.

Make water a daily priority, not an afterthought. Small, steady choices throughout the day can make a meaningful difference in how you feel and function.



What Does Water do for You?





Health Benefits of Tea

Why tea is worth studying

After water, tea is the world's most popular beverage, consumed by two-thirds of people across the globe. Americans drink tea regularly, although not as much as people in other countries.

According to the Tea Association of the U.S.A., about 159 million Americans—more than half of the U.S. population—drink tea daily. This figure includes herbal teas.

Of all the tea consumed in the United States, 50% comes from the *Camellia sinensis* plant, which gives us black, white, and green teas. The way tea leaves are aged and processed determines their distinct flavors and appearance.

Scientists have spent decades conducting hundreds of studies on tea's potential health benefits. This research has found that compounds in tea may protect blood vessels, lower inflammation, aid relaxation, and potentially boost the gut microbiome.

Tea types and beneficial compounds

A typical cup of brewed tea contains antioxidants, polyphenols, and other beneficial plant compounds, similar to those found in coffee, cocoa, fruits, and vegetables.

- Herbal teas include chamomile, mint, hibiscus, and ginger. They can be made from combinations of spices, herbs, and flowers.
- Polyphenols and caffeine vary among herbal teas. Herbal teas typically do not contain caffeine.

Research on tea's health benefits has focused mainly on black and green tea, the world's most widely consumed tea varieties. However, scientists have also found that herbal teas also benefit health in numerous ways.

Longevity and the limits of the evidence

Could tea be the secret to a longer life? A substantial study published in the *Annals of Internal Medicine* in 2023 examined tea drinkers in the UK compared to non-drinkers. Researchers tracked half a million adults aged 40 to 69 over a decade, analyzing their diets, beverages, lifestyles, health, and medical conditions. In a large study published in the *Annals of Internal Medicine* in 2023, researchers compared tea drinkers with non-tea drinkers in the United Kingdom. They tracked half a million adults between the ages of 40 and 69 for more than a decade, examining their diets, beverage consumption, lifestyle habits, overall health, and medical conditions.

About 90 percent of the tea drinkers primarily drank black tea, while about 7 percent reported drinking green tea. Compared with non-tea drinkers, tea drinkers were less likely to die during the study period. Those who drank two to three cups daily seemed to benefit the most: They had a 13 percent reduction in mortality compared with people who rarely or never drank tea. The findings were the same whether people also drank coffee.

Comparable results have appeared across many large studies, including a rigorous meta-analysis involving roughly 2 million adults in North America, Europe, Asia, and Australia.

Important caveat: This research shows a correlation, not cause and effect. Although scientists accounted for factors such as alcohol consumption, physical activity levels, smoking, and body mass index, other factors may also have played a role.

Cardiovascular and metabolic health

Blood vessels and blood pressure

Studies have found that drinking tea protects and relaxes blood vessels, which may support cardiovascular health. Research has also found that drinking black tea improves vascular function, with those improvements driven by increased levels of polyphenols in the blood.

Multiple clinical trials have found that both black tea and green tea can slightly lower blood pressure when consumed daily for weeks or months at a time.

Blood sugar and Type 2 diabetes

Drinking tea is not going to prevent Type 2 diabetes. It may, however, improve some aspects of metabolic health. Small clinical trials have found that drinking black tea can help reduce blood sugar spikes after a meal.

Inflammation, immunity, and the gut microbiome

Scientists have found that tea consumption may also have beneficial effects on inflammation and the immune system.





HEALTH SERVICES



In one clinical trial, scientists recruited people with Type 2 diabetes and assigned them to drink either three cups of black tea every day for three months or three cups of plain hot water. When participants drank black tea, they had increases in regulatory T cells, a special type of immune cell that suppresses inflammation. They also had reductions in C-reactive protein, a molecule that rises when the body has an infection, injury, or a high level of inflammation.

Polyphenols and gut bacteria

Black and green tea are rich sources of polyphenols. These plant compounds act like fertilizer for the gut, stimulating the growth of beneficial bacteria, said Chris Damman, a microbiome expert and gastroenterologist at the digestive health center at the University of Washington Medical Center.

Studies have found that drinking black tea can increase the abundance of gut bacteria that produce short-chain fatty acids. These compounds protect the colon, lower inflammation, and stimulate the release of the appetite-suppressing hormone GLP-1.

Alertness, sleep, and relaxation

If you need to focus and get work done, a cup of tea or coffee may help. Both contain caffeine, which boosts alertness and attention span. For many people, tea may be the better option because it is less likely to disrupt sleep.

In one study, scientists recruited 30 healthy adults and instructed them to drink either four cups of coffee daily or four cups of black tea. Both beverages produced similar improvements in alertness and cognitive performance. However, participants experienced fewer sleep disruptions at night when they drank tea daily than when they drank coffee.

Researchers have also found that drinking tea promotes relaxation. A scientific review published in 2017 examined decades of research on the cognitive effects of green tea and concluded that it reduces anxiety and aids memory and attention. Scientists think this may be partly because black, white, and green tea contain L-theanine, an amino acid that has been shown to help relieve stress and improve mood.



BEHAVIORAL HEALTH SWEAT LODGE CEREMONY 3RD TUESDAY OF EACH MONTH (FOR THE COMMUNITY)

Please call to reserve your spot 360-426-1582

BHOP Community Sweat Ceremony

- Bring a Towel
- Men Long Jogger Shorts
- Women (Long Skirts/Non White T-Shirt)
- Women: We kindly ask that you do not attend during your monthly cycle.

Health Disclaimer:
Participation in a sweat lodge ceremony is voluntary and may involve exposure to high heat and physical stress. Individuals with heart conditions, respiratory illnesses, high or low blood pressure, diabetes, pregnancy, recent surgeries, or any other medical condition that may be affected by heat should consult a healthcare provider before participating. Participants are responsible for disclosing any relevant medical concerns and should leave the lodge immediately if they experience dizziness, shortness of breath, chest pain, or any feeling of distress.



Bring a side dish for the potluck after.
Drinking Water available.



SPIPA's 23rd Annual BREAST CANCER WALK

Hosted By: Squaxin Island

Please Join us

OCTOBER 9TH
3:30 PM - 6:00 PM
Squaxin Island Kitchen
50 SE Squaxin Ln Shelton, WA 98584

Join us as we come together to raise awareness, honor survivors, remember loved ones, and support those impacted by breast cancer.

3:30- Registration
4:00- Walk begins
5:00- Dinner

Questions? Please reach out to Melissa Johnson or Clara Hernandez at 360-427-9006





COMMUNITY | HEALTH CLINIC



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
Jeremiah David Duncan
Kalani Amor Castillo
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 Gene Day Jr.

10/10
Christina Smith Claridy
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
Lisa Marie Johns
Selah George Thale

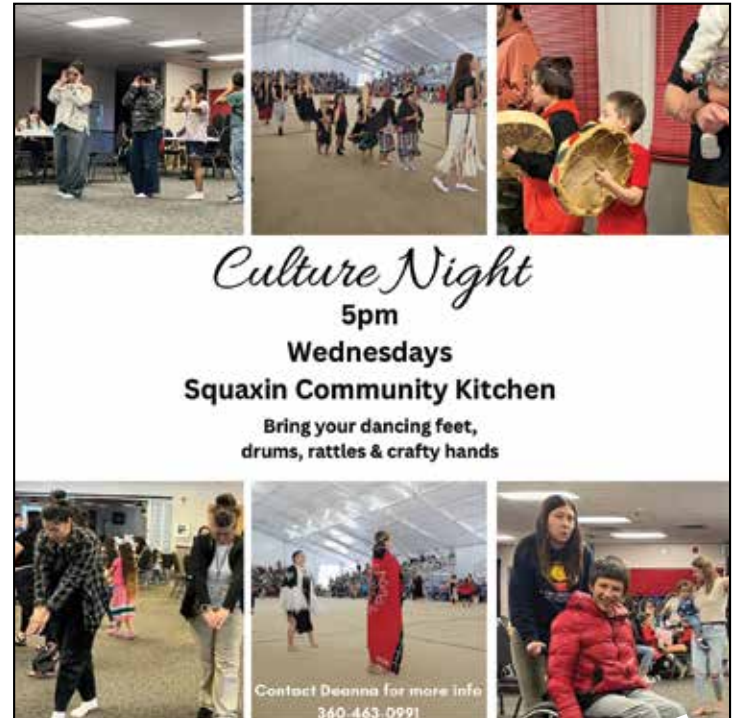
10/27
Ellen Marie Davenport
Grace Anne Scout
Mario Lee Rivera

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
Josef 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



Squaxin Transit Services

Squaxin Transit provides FREE public transit service within 100 miles of the Squaxin Island Reservation.

Operating Hours:
Monday through Friday
6:00 AM – 5:00 PM

Dial-a-Ride:
Please request your ride at least 24 hours in advance.
Call dispatcher, Windy, at
360-490-0567

We offer transportation for:

- Medical appointments
- SeaTac airport runs
- Grocery routes
- Farmers Market in Olympia (Fridays – pending interest)

We welcome all riders and are committed to serving our community with care and respect.



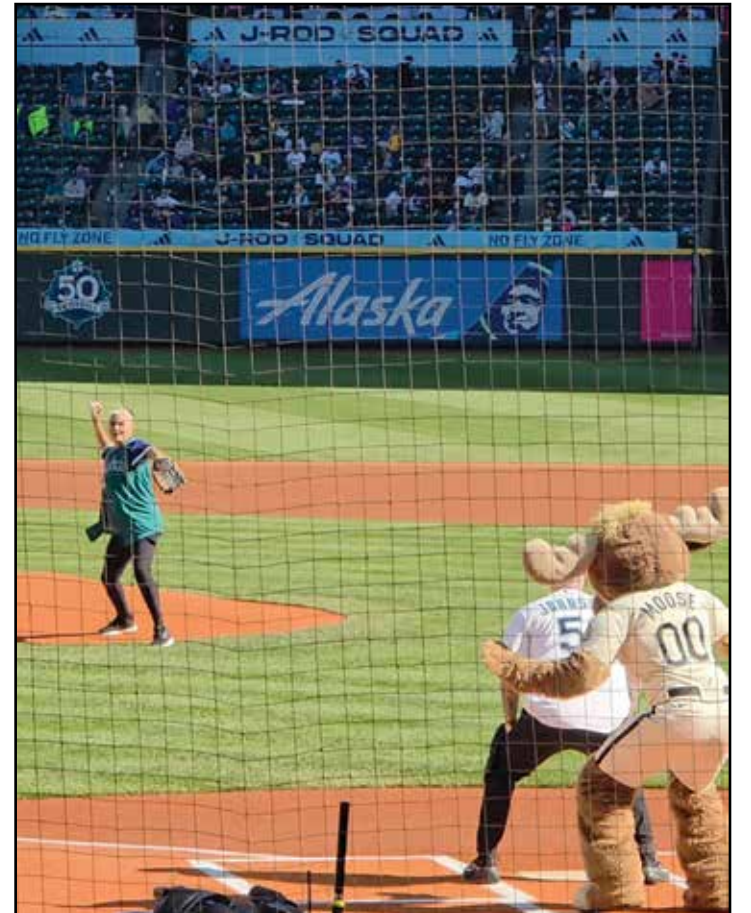
BASKETBALL PARENT NIGHT	October 6
SPIPA BREAST CANCER WALK	October 9
SICDC CANDY CRAWL	October 17
BRAS FOR GIRLS	October 19
TRUNK-OR-TREAT	October 23
COURT	
Family	October 1 Beginning at 9:30 a.m.
Criminal	October 27 Beginning at 9:30 a.m.
Civil Court	October 27 Beginning at 11:00 a.m.



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

Stephanie Tompkins Throws Mariners' First Pitch

Tribal member and Elder Stephanie Tompkins had the honor of throwing the 1st pitch at the last Mariners game of the season, September 27th, for Recovery Day at the Park!



Elders Menu

Fruit and salad at every meal

MONDAY 5:

Spaghetti, Corn, Garlic Toast

MONDAY 12:

Chicken Strips, Potato Wedges, Carrots

MONDAY 19:

Enchilada Casserole, Black Beans

MONDAY 26:

Tator Tot Casserole, Broccoli

TUESDAY 6:

Italian Sausage Potato Soup, Bread Sticks

TUESDAY 13:

Chicken Rice Soup w/Crackers

TUESDAY 20:

Split Pea Soup, Turkey Sandwich

TUESDAY 27:

Baked Potato Soup, Ham Sandwich

WEDNESDAY 7:

Baked Potato Bar, Broccoli

WEDNESDAY 14:

Chalupas

WEDNESDAY 21:

Sandwich Bar

WEDNESDAY 28:

Steak, Roasted Red Potatoes, Zucchini

THURSDAY 1:

Chicken Teriyaki, Rice, Veggies

THURSDAY 8:

Chicken Wings, Rice Pilaf, Cauliflower

THURSDAY 15:

Baked Ham, Scalloped Potatoes, Green Beans

THURSDAY 22:

Pork Chops, Stuffing, Mixed Veggies

THURSDAY 29:

Indian Tacos

SPIPA Comprehensive Cancer Program Presents

Salish-Design Art Contest

Calling for Traditional Coastal Salish Designs for Cancer Prevention Media & Graphics

WIN UP TO \$300!



Graphics **Banners**

DEADLINE: OCTOBER 30, 2026

How to Submit

- 1** Send Your Completed Work
Send your completed work as a PNG or JPEG file of at least 2400x3000px to Hope Adams at hope.adams@spipa.org, or scan the QR code below
- 2** Include Contact Information
Please include your full name & phone number in your email
- 3** Provide a Description & Bio
Please include a brief description of your artwork & what you would like people to know about you (bio)

Rules

- Original Artwork Only
Photos, graphics & banners are welcome!
- SPIPA Tribal Artists
Supporting our local Tribes & communities!
- No AI-Designed Work
Please do not submit AI-designed work!
- Artwork Ownership
SPIPA will own the winning artwork

For more information, please email Hope Adams or call 360-462-3223.



SPIPA Comprehensive Cancer Program Presents

Sacred Tobacco Sign Art Contest

Calling for artwork for signs that support sacred tobacco use and/or prohibit commercial tobacco.

WIN UP TO \$300!



Support Sacred Tobacco **Prohibit Smoking in Public Areas** **Anti-Vaping Messages**

DEADLINE: OCTOBER 30, 2026

How to Submit

- 1** Send Your Completed Work
Send your completed work as a PNG or JPEG file of at least 2400x3000px to Hope Adams at hope.adams@spipa.org, or scan the QR code below
- 2** Include Contact Information
Please include your full name & phone number in your email
- 3** Provide a Description & Bio
Please include a brief description of your artwork & what you would like people to know about you (bio)

Rules

- Original Artwork Only
Paintings, photos & graphics are welcome!
- SPIPA Tribal Artists
Supporting our local Tribes & communities!
- No AI-Designed Work
Please do not submit AI-designed work!
- Artwork Ownership
SPIPA will own the winning artwork

For more information, please email or call Hope Adams at 360-462-3223.



More from the MLRC Art Gala

