20th Annual Water Sounds
Native Art Auction and
Traditional Dinner

Tourism Director Leslie Johnson - This year’s art auction was a tremendous success! It started, as always, with a beautifully decorated Skookum Creek Event Center. The casino staff excelled from decorations to lighting. Ruth Whitener, Assistant Curator, decorated the event center in a culturally and elegant way. Of course, the silent auction tables were dazzling.

The food was delicious, as always, along with appetizers (about which the attendees raved). People enjoyed learning about our native foods from Kimberly Miller, who created several awesome treats, including a yummy stew to try. She and her son, Redwolf Krise, spoke on the significance of each item before we sampled.

The MLRC had so many excellent items donated by the Squaxin Island tribal member artist community, along with many other native artists. Charlene Krise, Executive Director said, “It’s wonderful to see donations from artists who also donated art in 1999 when we held our first art auction in Seattle before the Squaxin Island Museum was built.”

Continued on Page 6

Youth Annual Halloween Party

Join us on
Thursday, October 24, 2019
From 5-7pm in the
Squaxin Gym

Come play some old-fashioned carnival games. Dinner will be served from 5:30pm.

Don't forget to wear your costumes!

This is a Drug & Alcohol Free Event
Walking On Ike Johns

Isaac Patrick Johns (Ike), loving husband, father, grandfather, brother, uncle, and cousin, passed away at the age of 65 on September 16, 2019.

Isaac was born on July 1, 1954 in Olympia, WA to Wilson Woodrow Johns and Sarah (Miller) Johns. His great-grandparents on the Squaxin Island side are Dick Jackson & Sophia Jim and Charles J. Johns & Mary Jim Jackson Johns. On the Skokomish side his great-grandparents are Lewis Purdy and Charles G. Miller & Emily Purdy Miller. He married Marlene (Babe) Johns on April 19, 1992 and raised Raymond, Benjamin Sr., Moosie, Rachel, Kelly, Wilma, Christopher, Lil Ben, Josiah and Russell.

Ike worked for Squaxin Island Natural Resources for numerous years until his health caused him problems.

Ike had a passion for cars. He loved working on them and fixing them. He also loved to draw. He was known for his infectious smile, and his kind and compassionate spirit. His heart was big and he cared about many. He loved you all!

Ike was preceded in death by his father, Wilson, his mother, Sarah, and son, Jeremiah Johns.

He is survived by his wife Marlene (Babe) Johns; his children, Patrick Johns and Shera Johns; his sisters Elizabeth I. Yeahquo, Ila Dee King, Ruth Whitener, and Sarah E. Johns; his brother, Sonny Johns; numerous cousins, nieces, nephews, and grandchildren.

A service “Celebrating the Life of Isaac “IKE” Patrick Johns was held at 11:00 a.m. Sunday, September 22, 2019 at Skokomish Community Center, Shelton, WA. It was officiated by Brooks Farrell. Interment followed at Skokomish “Y” Cemetery, Shelton, WA.
Community

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Squaxin Island Museum BAZAAR
November 1st, 9-5 & 2nd 9-4
150 SE Kwuh-Deegs-Altxw

Looking for Native American Vendors. Spaces are limited!

Reserve your space with Ruth Whitener
432-3841 rwhitener@squaxin.us

Sponsored by Squaxin Island Tourism Squaxin Island Museum, Library & Research Center

HAPPY HALLOWEEN
The Squaxin Island CERT has been busy this past month training and participating in outreach activities throughout the tribal community. The team will continue to promote emergency preparedness at the individual and family levels so that, in the event of an emergency or disaster occurring, the community will be mentally and physically prepared to handle any situation, minimizing the feeling of panic when facing an emergency situation.

Over the course of the next year CERT will walk you through how to set up your Grab-N-Go binder and disaster supply kits, each unique to your family’s needs.

The activities the team has completed to this day are:

**Table Top Exercise** - On August 28th, seven members participated in an emergency tabletop training exercise with Squaxin Public Safety & Justice and Fire District 4. This is in preparation of the Great Washington ShakeOut, an earthquake drill that will be held on October 17. In attendance were Bob Burbridge from Mason Co. Fire District 4, Tracy Bogart, Alex Ehler, & John Taylor from Public Safety & Justice, and CERT members, Eugene Cooper, Sadie Whitener, Monica Nerney, Mitzie Whitener, Pamela Hiltstrom, Audelia Araiza, and Ruth Whitener. This exercise has opened our eyes to some areas that need improvement and practice, but CERT is confident that, with continued training and mock exercises, we will be a valuable asset to this community. Thank you, Squaxin PSJ, Mason County Fire Dist. #4, and participating CERT members for making this a success.

**Elder Outreach** - Diane Deyette and Pamela Hiltstrom attended the Elder’s monthly meeting on September 4th to see what the greatest need is and to discuss Elder’s emergency preparedness. We provided an example of what an emergency food kit might look like for those who have yet to build their own.

**Backpack Emergency Kits** - CERT also had the pleasure of putting together mini emergency kits to hand out with the backpacks that the Tū Ha’ Buts Learning Center distributed on September 11th. Each kit included bottled water, a nut bar, an N95 face mask, a first-aid kit, a rain poncho, a whistle, an emergency blanket, sanitizing wipes, a flashlight, tissues, chapstick, an ID card, and an activity book or deck of cards. We asked parents to fill out emergency preparedness surveys while we took the children’s thumbprints for their ID cards. Participating in this activity, by either filling the kits or handing them out, were Marvin Campbell, Vicki Kruger, Diane Deyette, Audelia Araiza, Monica Nerney, Rusty Cooper, Dorinda Thein, Sadie Whitener & Pamela Hiltstrom.

**Emergency Preparedness: 24 Month & Beyond** - This was kicked off at Building Strong Families Through Culture on Tuesday, September 17th. We had several handouts, including the family’s emergency communication plan (the first few pages of the Grab-N-Go Binder), a Red Cross communication card (that will fit in a wallet or purse), and the emergency preparedness questionnaire.

The CERT team will be providing education classes at Building Strong Families Through the third Tuesday of each month, sharing additions to the Grab-N-Go binder, and answering any questions participants may have. We will also walk participants through the steps to creating their own emergency kits. Participants were Monica Nerney, Diane Deyette, and Pamela Hiltstrom. Penni Giles has also been working diligently behind the scenes, creating the Grab-N-Go Binder pages. Next month, the topics will be earthquake preparedness and accessibility of water in an emergency situation.

If you have any suggestions or feel you need assistance, please contact the CERT team at CERT@squaxin.us, or 360-426-5308 (calls are forwarded to a CERT members phone line).

Please come join us in this important endeavor to keep you and your family safe!
Earthquake Preparedness - Are you ready?

**What to do when it shakes**
- Drop, take cover under a piece of sturdy furniture, hold on to it, and cover your head and neck with your arms.
  - If there’s no sturdy furniture nearby, find the nearest safe place beside an inside wall, or lower than the nearby furnishings. The goal is to keep your head low. Remember the mantra “Beneath, Beside, Between.” Being beneath something like a table is the best option. Alternatively, if there is no table, go beside an internal wall, or piece of furniture. Going between something sturdy, like rows of chairs in a movie theatre or church is also a viable option.
- If you are in bed, stay there and cover your head and neck with a pillow until the shaking stops
- Resist the temptation to run, do NOT try to run outside.
- If you are in a vehicle, stop in a clear area away from buildings, trees, utility wires, and overpasses or bridges.
- If you are in a high-rise building expect sprinklers and fire alarms to go off, and do not use any elevators.
- If you are near a slope, cliff or mountain, be cautious of falling rocks or debris.

What you do after an earthquake can be just as important to you and your family’s safety as what you do during. It is imperative that you follow through with safety precautions even after the brunt of an earthquake has subsided. Mistakes are often made when you incorrectly think you’re safe, so make sure to stay cautious until the earthquake is entirely over.

**After it stops shaking**
- Expect aftershocks, stay covered unless the building is damaged.
- Grab your 3 minute kit, put on your shoes and turn on your flashlight to begin assessing the damage.
- Check yourself for injury, ask those nearby if they are injured.
- If the building is damaged, leave as soon as you can.
- If you are trapped, send a text or call if able. Bang on a pipe or wall, and use a whistle rather than shout.
- If you are in a place which is at risk for tsunamis, go inland and up to higher ground once the shaking stops.
- If separated from your family or group, meet up with them at the pre-designated location to check-in, and make sure everyone is safe.

Meeting an emergency effectively means planning for it effectively before it happens. Thankfully there are a number of simple things you can do right now to prepare yourself for an earthquake that take no more than a few minutes.

**Get Prepared**
- Secure your space
  - Move large objects on high shelves to lower ones, so they’re less likely to fall or cause damage.
  - Minimize the potential for broken glass and debris by securing objects like TVs and hanging objects which might fall or break.
- Make a plan & meetup location beforehand
  - Discuss good areas in each room of your house to find effective cover during an earthquake, such as under tables, counters, etc.
  - Since the phone lines will likely be either compromised or congested, designate an out of state contact who will call you and your family members to make sure everyone’s okay.
  - Planning doesn’t have to be restricted to your family, discuss a plan of action with your co-workers and other groups, and have a plan for if you are caught in an emergency by yourself.
- Prepare emergency supplies, including a 3 minute kit
  - A basic 3 minute kit should include, at the very least, a pair of shoes and a flashlight so you can protect your feet from glass and see even if the power is out. You might also consider including a whistle, a mini first aid kit, and leather work gloves.
- Consider Earthquake insurance policies
  - Earthquake insurance will decrease the financial turmoil which often follows an earthquake.
  - Consider retrofitting your building if it has structural issues which make it vulnerable to collapse during an earthquake.

No matter how prepared you make yourself before the earthquake hits, it all has to come together as the earthquake is happening. It is imperative that you adhere to the following procedure when an earthquake hits:
Community

Water Sounds
Continued from Page One - Each guest received a hand-sewn native motif bag with a fry bread recipe enclosed as a thank you gift from the MLRC. That may seem like a simple gift, but people complimented the bags. They also appreciated the opportunity to make fry bread at home.

During check-in, we raffled an original hand drum made by Casey Krise. Many people, after previous auctions, said they regretted being unable to afford the bids for drums in the live auction. This year, the Squaxin Island Tourism Director personally donated the drum from her native art collection.

The live auction was a tremendous success equaling, if not exceeding, the previous year’s successes. It all came together as if it was effortless. The MLRC and Tourism staff put in long hours, with lots of advance work, to make it happen.

Museum staff thanks Little Creek Casino Resort staff, from the kitchen to hospitality staff. Each one of you added to the magic of the event.

The Department of Natural Resources began preparing the fire and cooking salmon hours before the event to ensure we had excellently prepared salmon. Their preparation showed in the flavor of the salmon.

Thank you, Dave Johns, for your great smoked salmon donation, and Vicki Kruger, for your great pies!

Many volunteers held up art pieces and worked hard to make sure everyone received the artwork they won.

We raise our hands to the native artist community for making this event a success. Without you, it wouldn’t be possible. Martin McElliott stepped in for Jerry Farmer, “the color man” for auction listings. Thank you, Martin.

It was so exciting to hold the 20th Anniversary Water Sounds Native Art Auction. Here’s to 20 and more years! The Home of Sacred Belongings appreciates all that make this event a success, including all of the participants.

Thank you!
Playground Project

Janita Raham - The Squaxin Island Tribe is getting four new playgrounds. We currently have five playgrounds throughout the reservation. All five will be taken down and replaced by four top-of-the-line parks. All parks will have ramps for easy access, special playground wood fiber that a wheelchair can get through, and at least one piece of ADA equipment.

Slocum Ridge Park will be the third location, and is planned to be finished by December 13, 2019. The saucer swing that was recently put in will stay, but all other structures will be replaced. This park will have the ADA swing that already exists, ramps to get in, and a tall ADA merry-go-round.

The park on Skalapin will be the final park put in. Ketchup and Mustard will come down due to safety reasons but will be saved and placed in the park at a later date. This park will have ADA ramps and a saucer swing. This location is planned to be finished by December 31, 2019.

All completion dates will be tentative due to weather.

Questions?
Contact:
Janita Raham, Parks and Recreation Manager
jraham@squaxin.us

NOTE: ADA: America and with Disabilities Act, these products give people with disabilities equal opportunity
**Human Resources**

**Employee Appreciation Dinner**

The annual Squaxin Island Tribe Government Employee Appreciation Dinner, hosted by the Tribal Council, was held on September 26th at Little Creek Casino Resort. Well over 100 people attended the event, cheering for friends and family who are dedicated to the Tribe through service/employment.

Tribal Council Member Vince Henry said, “I would like to extend a big thank you to all our employees of the Tribe for your dedication and hard work to help get us where we need to be. You folks are the backbone.”

Human Resources Director Astrid Poste said, “Thank you to everyone who attended the Employee Appreciation Dinner. We are so grateful for your service to the Squaxin community. A big thank you to Rickie Ramage and the team at Little Creek Casino Resort for making this such a special event!

*Photos by Charlene Krise, Josh Miller and Tiffany Goos*
The Education Department is going through significant changes as of October 1st. Administrative oversight of the Child Development Center will move from Island Enterprises, Inc. (IEI) to the Education Department. While the Child Development Center staff and facilities will continue to provide the same great services you are familiar with, this means that child care and the outdoor preschool program will be gaining additional support mechanisms within the tribal government.

At the same time, the Tribe has been approved for a five-year grant for start-up and operations of an Early Head Start program. This grant includes construction funding to build additional facilities at the Child Development Center site. Over the next several months, we will begin phasing in Early Head Start services. At the same time, we will be working with the Community Development Department, construction companies, and various contractors toward expanding the facilities on the site.

If you are not familiar with the Early Head Start program, it provides comprehensive child development and family support services to low-income infants and toddlers and their families, and to pregnant women and their families. By including the Child Development Center and the Early Head Start program within the existing Squaxin Island Education Department, the Tribe is aligning programs to support school readiness and academic success - from birth through college and career choices.

While these programs and services are being brought within the Education Department, other Tu Ha' Buts Learning Center programs and services are also in a state of change. As of October 1, the youth recreation-based programs within the TLC are going to be administered within the new Parks and Recreation Department. This includes the afterschool program, the afterschool food program, the youth sports program, Summer Rec, and the summer food program moving to Parks and Rec.

We will be sharing a lot more about all of these changes over the next several weeks. This does not mean that the services will be changing, so please don't worry about that. But, we are always looking to continuously improve the way we provide these services. We welcome your thoughts and ideas, and look forward to addressing any questions or concerns about any of these changes.

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**Squaxin Teens**

Jaimie Cruz advocate: 432-3842

Check Facebook @ Squaxin Teens for updates to Calendar!

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**OCTOBER**

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**Teen Program Updates**

Seems like everyone is aware that our Teen Advocate, Jaimie Cruz, is on leave for the next couple months following having a baby! Congratulations and best wishes to Jaimie and Greg, and their new baby, Hazel! While Jaimie is on leave, there is a very limited schedule for the Teen Room on this month's calendar. Several people are stepping in, offering their assistance with the Teens and the Teen Program while Jaimie is on leave and we are grateful for their kindness and support. We will share updates about the calendar as we work out these details and learn more.

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**Youth Sports Program News**

It is that time of year again. Youth basketball is getting underway in a big way. The Intertribal League is starting up and for the next few weeks we will be having weekly practices and games for the junior high and high school aged teams. As of this writing we hadn’t received the schedule yet to promote it, but as you read this, Coach Larry will have the schedule and will provide updates on the Tu Ha' Buts Learning Center Facebook page, as well as through the Daily Scoop. He will be reaching out to the players and families as well, to encourage participation. If you want more info, you can reach Larry at 360-432-3986, or by email at lmcfarlane@squaxin.us.
Afterschool Program News
Jerilynn Vail-Powell - As these articles are being written in mid-September, the afterschool program has not yet moved to the Parks and Rec Department, so their updates are being shared here. Please check out the Tu Ha’ Buts Learning Center Facebook Page for any updates to the monthly calendar. Don’t forget:

- Monthly movie nights start on Friday, October 4th, from 5:00 - 7:00 p.m.
- The annual Youth Halloween Party in the gym is on Thursday, October 24th, from 5:00 - 7:00 p.m. The afterschool program will not be open on the day of the party as we will be getting ready.
- If parents want to reach the afterschool program staff during the afterschool hours, please call the Rec Room at 360-432-3955.

Squaxin Youth Education, Recreation and Activities Calendar
TLC Hours: M-F 7:30am-7:00pm Front Desk: 360-432-3958 Rec Rm: 360-432-3955 (only 3-6pm)

All activities are drug, alcohol and tobacco free.

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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| Rec Rm: 3-6pm  
Team Building: 5-6pm  
Open Gym: 3-4pm | Rec Rm: 3-6pm  
Drum Group: 5-6pm  
Open Gym: 3-4pm | **GSD-ER @ 2:30pm**  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 2:30-6pm  
Open Swim: 3-6pm | Rec Rm: 3-6pm  
Crafty Kitchen: 5-6pm  
Open Gym: 3-4pm | Rec Rm: 3-6pm  
Movie Night: 5-7pm  
Open Gym: 3-4pm  
Open Swim: 5-8pm |
| 7      | 8       | 9         | 10       | 11     |
| Rec Rm: 3-6pm  
Team Building: 5-6pm  
Open Gym: 3-4pm | Rec Rm: 3-6pm  
Drum Group: 5-6pm  
Open Gym: 3-4pm | **GSD-ER @ 2:30pm**  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 2:30-6pm  
Open Swim: 3-6pm | Rec Rm: 3-6pm  
Crafty Kitchen: 5-6pm  
Open Gym: 3-4pm | **SSD - 1.5 HR ER**  
Rec Rm: 1:30-6pm  
Pool Party: 3-4:30pm  
Open Gym: 3-4pm |
| 14     | 15      | 16        | 17       | 18     |
| Rec Rm: 3-6pm  
Team Building: 5-6pm  
Open Gym: 3-4pm | Rec Rm: 3-6pm  
Drum Group: 5-6pm  
Open Gym: 3-4pm | **GSD-ER @ 2:30pm**  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 2:30-6pm  
Open Swim: 3-6pm | Rec Rm: 3-6pm  
Crafty Kitchen: 5-6pm  
Open Gym: 3-4pm | Rec Rm: 3-6pm  
Fun Day Friday: 5-6pm  
Open Gym: 3-4pm | Open Swim: 5-8pm |
| 21     | 22      | 23        | 24       | 25     |
| Rec Rm: 3-6pm  
Team Building: 5-6pm  
Open Gym: 3-4pm | Rec Rm: 3-6pm  
Drum Group: 5-6pm  
Open Gym: 3-4pm | **GSD-ER @ 2:30pm**  
Rec Rm: 2:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 2:30-6pm  
Open Swim: 3-6pm | **Closed for our Halloween Party 5-7pm** | **SSD - 3 HR ER**  
Rec Rm: 11:30-6pm  
Pool Party 3-4:30pm  
Open Gym: 3-4pm | Open Swim: 5-8pm |
| 28     | 29      | 30        | 31       |         |
| **GSD-ER @ 12:20pm**  
Rec Rm: 11:30-6pm  
Team Building: 5-6pm  
Open Gym: 11:30-4:40pm | **GSD-ER @ 12:20pm**  
Rec Rm: 11:30-6pm  
Team Building: 5-6pm  
Open Gym: 11:30-4:30pm | **GSD-ER @ 12:20pm**  
Rec Rm: 11:30-6pm  
Arts-n-Crafts: 5-6pm  
Open Gym: 11:30-6pm  
Open Swim: 3-6pm | **GSD-ER @ 12:20pm**  
Rec Rm: 11:30-6pm  
Crafty Kitchen: 5-6pm  
Open Gym: 11:30-6pm |         |

After School Snacks:  
Computer Lab:  
Sylvan:  
Homework Help, GED Prep:  
M-F 3:45pm  
M-Th 3-7, F 3-5pm  
M-Th 4:30-6:30pm  
T-TH 4-7pm  
WHL = Wa-He-Lut Indian School  
SSD = Shelton School District  
GSD = Griffin School District  
LTR = Inter-Tribal League B-Ball  
High School: 9-12 Grade  
Middle School: 7-8 Grade  
Elementary: 4-6 Grade
Elizabeth Heredia-Kris, Suicide Prevention Coordinator and Squaxin Island BHOP - I would like to express my sincere appreciation to all who helped make the “Living Life to The Funnest” suicide prevention event the success that it was. Great fun was had by all who attended. Thank you to Squaxin Island Tribal Council, Health Services employees, and all other staff who volunteered, participated or contributed in any manner. We truly appreciate the team effort displayed by all as we provided our community with a fun, interactive event.

*Photos by Charlene Krise*

*Special thanks to Jeremie Walls for making the dunk tank and the whole event so much fun!!!*

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**Cancelled, October 1, 8, 15, 21**

**Resume Class October 29, 2019**

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**CANCELLED**

*Sorry for any inconvenience.*

Questions: Call Shannon at 432-3961.
Community Development

What to Know About Neosporin on Dogs

Submitted by Gus the doggie guy - Can you put Neosporin on dogs to treat a minor wound, cut, or scrape? Can you put Neosporin on dogs’ stitches or sutures? What happens if a dog licked or ingested Neosporin? Let’s answer some common questions about Neosporin for dogs here.

During a recent prolonged cold snap, I noticed a small spot of blood at the end of my dog’s face. Whether from rooting around and sniffing at normally pliable ground that had frozen over, or simply from chapping due to repeated exposure, Baby had a small cut on the top of her nose. Like any concerned dog owner, my first impulse was to retreat to my medicine cabinet for a tube of Neosporin. As I removed the top of the antibacterial ointment, I wondered, can you put Neosporin on dogs?

According to Google’s 2016 Year in Search, I was not alone in wondering. “Can you put Neosporin on dogs?” was the eighth-most-asked question about dogs that the search engine giant tallied throughout the year. The more research I did, I found a number of related queries, so I did the neighborly thing and researched all of them for Dogster! The major points we’ll touch on along the way:

1. What is Neosporin? How does it work?
2. Using Neosporin on dogs for wound care
3. Is Neosporin safe for use on dogs’ eyes, ears or paws?
4. Can you put Neosporin on dogs’ stitches or sutures?
5. What happens if a dog licked or ingested Neosporin?
6. Are there Neosporin alternatives for dogs?

First, what is Neosporin? How does it work?

In its standard, regular-strength formula, Neosporin is the brand-name for a common over-the-counter triple antibiotic ointment. Why “triple” as a descriptor? Because it contains three antibiotic agents: Bacitracin, Neomycin and Polymyxin B. All three of these antibiotics are touted for their ability to prevent infection caused specifically by bacteria. Since it was first sold in the 1950s, the brand itself has become a byword where small injuries are concerned.

As a topical cream, Neosporin is meant to prevent minor cuts, scrapes and wounds on the skin from being exacerbated by bacterial infection. It is also supposed to speed healing in broken skin. Studies have shown that, as an antibiotic, there is actually very little difference in infection prevention or healing speed if an abrasion is cleaned immediately than when it is treated with Neosporin. It also has no effect on infections caused by other foreign agents, such as a fungus or a virus.

Using Neosporin on dogs for wound care

Like most over-the-counter medications, humans probably use Neosporin as a force of habit, and without any real necessity. Should this knowledge impact how we approach putting Neosporin on dogs? For dogs, this is the primary use: minor scrapes and abrasions, and only after you’ve cleaned it beforehand with either warm water or a very simple saline solution.

Unless you have your veterinarian’s approval, avoid extra-strength varieties or ones with added active ingredients for pain relief. If your dog has anything more intense or involved, like a major gash, open wound, a bite from a strange dog or any other forest creature, clean the wound and seek veterinary attention. Where small wound care in dogs is concerned, Neosporin is one of the human medications that is most-frequently recommended by veterinarians as safe for use on dogs. What about other scenarios? If you notice redness, itching, or broken skin in more troubling, hard to reach or delicate spots on your dog’s body, is Neosporin still safe to use?

Is Neosporin safe for dogs’ eyes, ears or paws?

For instance, what if you spot some green mucus gathering in the corner of your dog’s eye, the telling sign of an eye infection? Reach for plain saline solution and a cotton ball first, not the Neosporin. Many dog eye infections are caused by irritants that get trapped in the corner of the eye or under an eyelid. In dogs, medicated cream can be both an irritant and an allergen; using it can make your dog’s eyes worse. Do not use your topical antibiotic in or on your dog’s eyes unless you have your vet’s approval!

Ear infections in dogs are typically caused by environmental allergens — such as plant sensitivity or parasite bites — too much hair in a dog’s ear canal, or trapped water. You’ll have to treat the underlying cause before trying to tackle any secondary bruising or infection that develops as a result. How do you clean a dog’s ears? Dogster has excellent advice on how to clean your dogs’ ears, which doesn’t involve any complex human medication. Made up of collagen, keratin and adipose, the paw pads on the bottom of a dog’s feet are not like the skin on the rest of their body. Like a dog’s ears, if there’s a wound or injury, you’ll need to figure out if it has an external cause, such as a splinter, before slathering on the salve. Since dog tongues will often be in contact with any problematic areas they can reach, even a thin coat of Neosporin will involve a multi-step process, including regular washing and bandaging.

Can you put Neosporin on a dog’s stitches or sutures? As detailed above, the cream is for minor wounds, and is not meant for treating surgical sites. Neosporin is intended to prevent bacterial growth. If your dog has recently been spayed or neutered, or had a different kind of invasive surgery, antibacterial provisions are part of any such operation. The first and primary lines of defense are the stitches and sutures themselves. Should you notice any post-operative issues, consult your veterinarian, not your medicine cabinet.

Help! My dog ingested Neosporin!

Used as its meant to be, it is very unlikely that you’ll live through a disaster film plot when your dog starts licking the pea-sized drop you used. If applied in a place where a dog’s tongue can easily lick it, it’s also unlikely to do your dog any good. In its regular-strength formula, even if a dog should somehow manage to squeeze out and ingest an entire tube, the worst you’re likely to experience is temporary vomiting or diarrhea. If you’re very concerned, and have $50 on you, you should call the Pet Poison Helpline.

Are there alternatives to Neosporin for dogs?

Is Neosporin safe for dogs? For minor cuts, scrapes, and abrasions, and if it gives you peace of mind, yes. Vets and human doctors are just as likely to say it should be in every human or pet first aid kit, as to say neither you nor your dog should use it at all! The official Neosporin website explicitly states, “we can’t recommend using these products on animals.” Some human doctors don’t even recommend that we use it on ourselves as often as we do! In almost every canine instance where you’re tempted to grab your favorite triple antibiotic, you and your dog are just as well served by cleaning the wound and covering it with petroleum jelly!

This information came from the DOGSTER MAGAZINE.
**Health Clinic**

October is National Depression Education & Awareness Month

Call Squaxin Island Behavioral Health Program for support 360.426.1582

**Depression can sneak up on anybody**

Sometimes, there’s a sadness or an emotional flatness that just won’t go away. Sometimes, you just feel hopeless—and have no idea what comes next. However it shows up, depression can be hard to detect and can wreak havoc with your self care. Spotting depression is important—and it’s important to check for these symptoms:

- Loss of interest or pleasure
- Change in sleep patterns
- Waking up earlier than normal
- Change in appetite
- Trouble concentrating
- Loss of energy
- Nervousness
- Guilt
- Morning sadness
- Suicidal thought
- Withdrawal from friends and activities
- Declining school and work performance

If you feel like you might be depressed, talk with your provider. See if it makes sense to talk to a counselor and then work to overcome it. It takes time for depression to lift, but once you have the proper emotional tools in place, you can learn to recognize the symptoms and act fast.

Behavioral Health Staff is ready to assist you 360.426.1582

**Are you pregnant? Breastfeeding? A family with a child under age 5?**

Now is the time to see if you’re WIC eligible!

**WHY?** More flexibility when shopping for WIC foods!

WIC cards have replaced checks. One card for the whole family.

You can buy just the WIC items you need when you shop.

Questions? Contact your WIC staff at SPIPA:
Patty 360.462.3224 or Debbie Gardipee-Reyes 360.462.3227
At Chehalis: Debra Shortman 360.709.1689

This institution is an equal opportunity provider. Washington State WIC Nutrition Program doesn’t discriminate.
**HEALTH CLINIC**

**WIC at SPIPA**
(Women, Infants, and Children)
provides healthy foods &
nutrition information for you
and your child up to age 5.

**Please bring:**
Your child, Provider One Card
or paystub and identification for
you & your child

**Contact at SPIPA for an appointment:**
Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org

or Patty at 360.462.3224,
wicnutrition@spipa.org

Tuesday, October 8 is
WIC day at SPIPA
(Dates may change)

This institution is an equal opportunity provider.
Washington State WIC Nutrition Program doesn’t discriminate.

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**South Puget Intertribal Planning Agency**

**USDA Foods Program**

**SERVING SQUAXIN ISLAND 10/07/19**

**Pumpkin Apple Streusel Muffins**

**INGREDIENTS:**
- 2 1/2 cups all-purpose flour
- 2 cups white sugar
- 1 tsp baking soda
- 1 Tbsp Pumpkin pie spice
- 1/2 tsp salt
- 2 eggs, lightly beaten

- 1 cup canned pumpkin
- 1/2 cup vegetable oil
- 2 cups peeled, cored and chopped apples
- 2 Tbsp all-purpose flour
- 1/4 cup white sugar
- 1/2 tsp ground cinnamon
- 4 tsp butter

**INSTRUCTIONS:**
Preheat oven to 350 degrees F. Lightly grease 18
muffin cups or use paper liners.
In a large bowl, mix together 2 1/2 cups flour, 2 cups
sugar, pumpkin pie spice, baking soda and salt.
In a separate bowl, mix eggs, pumpkin and oil. Add
pumpkin mixture to flour mixture; stirring just to
moisten.

Fold in apples. Spoon batter into
prepared muffin cups.
In a small bowl, mix together 2 tbsp flour, 1/4 cup
sugar and 1/2 tsp cinnamon. Cut in butter until
mixture resembles coarse crumbs. Sprinkle topping
evenly over muffin batter.
Bake for 35 to 40 minutes or until a toothpick
inserted comes out clean.

**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 the Warehouse at Nisqually 360.438.4216
This institution is an equal opportunity provider.
As of 9/11/2019 there have been 450 potential cases of lung disease linked to vaping and 6 deaths across 33 states. The US Centers for Disease Control and Prevention says “no evidence of infectious diseases have been identified, meaning the illnesses are likely associated with chemical exposure. No specific substance or product has been linked to all cases, and e-cigarettes include a variety of chemical and additives; consumers may not know what these products contain.”

If you or a loved one uses e-cigarettes or “vapes,” please urge them to quit and/or seek help. There are several resources available for help, including Squaxin Island’s Tobacco Cessation Program, The Washington Quitline, and quit apps like My QuitCoach, Quit Now, Smoke Free, and several others.

“Nothing to not be okay, and it’s absolutely okay to ask for help.”

Contact Squaxin Island Tobacco Cessation:
(360) 432-3933 or email at towens@squaxin.us
Elders Menu

10/1 – 10/3
TUESDAY: Clam Chowder, Fry Bread
WEDNESDAY: Meatloaf, Asparagus
THURSDAY: Baked Chicken, Rice Pilaf, Spinach

10/1 – 10/10
MONDAY: Goulash, Corn, Garlic Flat Bread
TUESDAY: Chili, Corn Bread
WEDNESDAY: Teriyaki Chicken, Rice, Oriental Veggies
THURSDAY: Enchiladas, Refried Beans

10/14 – 10/17
MONDAY: Tatar Tot Casserole, Brussel Sprouts
TUESDAY: Taco Soup, Turkey Wraps
WEDNESDAY: Chicken Fettuccine, Peas, Breadsticks
THURSDAY: Casino Buffet

10/21 – 10/24
MONDAY: Burger Dips, Potato Wedges
TUESDAY: Ministrone Soup, Chicken Salad Sandwiches
WEDNESDAY: Chicken Wings, Veggie Rice
THURSDAY: Beef Roast, Mashed Potatoes w/ Gravy, Mixed Veggies, Rolls

10/28 – 10/31
MONDAY: Lasagna, Garlic Toast, Green Beans
TUESDAY: Butternut Squash Bisque w/ Noodles, Biscuits
WEDNESDAY: Fish -N-Chips, Coleslaw
THURSDAY: Chicken Strips, Tatar Tots

SQUAXIN ISLAND T.A.N.F. SPONSORED
LUSHOOTSEED
CLASSES

ALL ARE WELCOME TO ATTEND

WEDNESDAY EVENINGS @ FAMILY SERVICES CLASSROOM
5PM-6:30PM
DINNER IS PROVIDED

QUESTIONS? Contact Rose Henry 360-432-3950
We will notify you of any changes in schedule due to holiday or Tribal closures.

I CAN
BE A CENSUS TAKER

APPLY ONLINE!
2020census.gov/jobs

2020 Census jobs provide:
✓ Great pay
✓ Flexible hours
✓ Weekly pay
✓ Paid training

For more information or help applying, please call
1-855-JOB-2020

Federal Relay Service:
1-800-877-8339 TTY/MCI
www.census.gov/edrelay

The U.S. Census Bureau is an Equal Opportunity Employer.
October Happy Birthdays

1. Carmen Dee Orsillo
   Donna Penn
   Jess Travis Ehler
   Shirley Marie Monahan

2. Adam Wade Mowitch
   Joshua Gregory Smith
   Thailer Budd Vilter Jr.

3. Lorenzo A. Solano
   Nicole Lee Seymour
   Steven Robert Sigo Jr.

4. Amanda Lee Maynard
   Beth Ann Robinson
   Lydia Ann Buffington

5. Jeremiah Micah Schlottmann
   Michael Shawn Todd
   Russell Lane Pleines
   Shiloh Ann Henderson

6. Michael David Krise
   William Raymond Peters

7. Alea Lynn Janine Shea
   Audelia Marie Araiza
   Elizabeth Ann Perez
   Theresa J. Davis

8. Addison Yvette Peters
   Colton Jeffery Gott
   Mathew Anthony Nelson
   Ronald Day Jr.

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

10. Donata O. Hartwell
    Michael Alan Peters

11. Larry Douglas McFarlane Jr.
    Sharen I. Ahrens

12. Jericho Lon Hartwell
    Julian Sorin Hawk Masoner
    Steven Robert Sigo

13. Savannah R. Fenton

14. Bobbie L. Filipetti
    Leo Eugene Henry Jr.
    Troy Tye Baxter

15. Charles Ormond Lacefield
    Kelly Leanne Bell
    Mitchell Elliot Coxwell
    Ruth Branch Allen
    Wilson Charles Johns

16. Christina E. Price
    Clara Rose Seymour-Luby
    Danielle Charlene Whitener
    Micha Roberts
    Shanika Rose Diane Cooper

17. Christine ‘Thompson
    Trelace’ Rose Sigo

18. Autumn Dancing Fire Wily
    Carie Ann Kenyon
    Josef Turner Sigo
    Tori Anne Willis

To contact a Squaxin Island Police Officer Call:
360-426-4441
If it is an emergency call 911
1 - Tuesday
Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions
Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

Legal Community
Education
4:00
Community Kitchen

2 - Wednesday
AA & ALANON
7:30 p.m.
Lushootseed Class
5:00 - 6:30 p.m.

3 - Thursday
Family Court
Utilities Commission
Elders Committee

4 - Friday
Housing Commission

7 - Monday
Childcare Board of Directors
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T'Peeksin
5:00 - 7:00 p.m.

8 - Tuesday
Criminal/Civil Court
Hunting Committee
Enrollment Committee
Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions
Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

9 - Wednesday
Golf Advisory Committee
AA & ALANON
7:30 p.m.
Lushootseed Class
5:00 - 6:30 p.m.

10 - Thursday
Tribal Council

14 - Monday
Gaming Commission
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T'Peeksin
5:00 - 7:00 p.m.

15 - Tuesday
Legal Community
Education
Noon
Legal Department
Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions
Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

16 - Wednesday
Tribal Council Meets with IEI
AA & ALANON
7:30 p.m.
Lushootseed Class
5:00 - 6:30 p.m.

17 - Thursday
Tribal Council Meets with LCCR

18 - Friday
Tribal Council Meets with Tribal Gov

21 - Monday
Bible Study at Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T'Peeksin
5:00 - 7:00 p.m.

22 - Tuesday
Criminal/Civil Court
Tobacco Board of Directors
Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions
Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

23 - Wednesday
Lushootseed Language Class
5:00 - 6:30 p.m.

24 - Thursday
Tribal Council
Halloween Party
5:00 - 7:00 TLC

28 - Monday
Bible Study, Elders Building
6:00 - 7:00 p.m.
Bible Study, 50 SE T'Peeksin
5:00 - 7:00 p.m.

29 - Tuesday
Freedom from Smoking
Noon - 1:00 p.m.
Health Promotions
Culture Night
3:00 - 5:00 p.m.
Drum Group
5:00 - 6:00 p.m.

30 - Wednesday
AA & ALANON
7:30 p.m.
Lushootseed Class
5:00 - 6:30 p.m.

31 - Thursday
Happy Halloween

SPIPA Board
<table>
<thead>
<tr>
<th>Committees and Commissions and Boards With Infrequent Meeting Times</th>
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<tbody>
<tr>
<td><strong>Committee and Commissions</strong></td>
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<tr>
<td>1% Committee (Bylaws &amp; Appendix X2)</td>
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<tr>
<td>Elections Committee</td>
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<tr>
<td>Explorers Program Committee</td>
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<tr>
<td>Fireworks Committee (TC 6.04.040)</td>
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<tr>
<td>Gathering Committee</td>
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<tr>
<td>Law Enforcement Committee, Law and Order</td>
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<tr>
<td>Veterans’ Committee</td>
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<tr>
<td>Budget Commission</td>
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<tr>
<td>Business Administration Board (TC 6.24.010)</td>
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<tr>
<td>Little Creek Oversight Board (TC 2.26.010)</td>
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<tr>
<td>Museum Library and Research Board</td>
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<tr>
<td>Tourism Board (TC 2.34.010)</td>
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<tr>
<td>Island Enterprises Board</td>
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<tr>
<td>Skookum Creek Tobacco Board</td>
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</tbody>
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| **Council Rep.**                                                  |
| Charlene Krise, Vince Henry, Vicki Kruger                        |
| None                                                               |
| None                                                               |
| None                                                               |
| Charlene Krise                                                    |
| None                                                               |
| Vicki Kruger                                                      |
| None                                                               |
| Arnold Cooper, Vicki Kruger, Charlene Krise                       |
| Bev Hawks                                                         |
| Vacant                                                             |
| Arnold Cooper                                                     |
| Vacant                                                             |
| Vicki Kruger                                                      |

| **Staff Rep.**                                                    |
| Kris Peters                                                       |
| Tammy Ford                                                        |
| Rene Klusman                                                      |
| Rhonda Foster                                                     |
| Kevin Lyon                                                       |
| Kim Kenyon                                                        |
| Kris Peters                                                       |
| Charlene Krise                                                    |
| Leslie Johnson                                                    |
| Dave Johns                                                        |
| Mike Araiza                                                       |

| **Months**                                                        |
| Feb., May, Aug., Nov.                                             |
| March, April, May                                                 |
| May and June                                                     |
| Not yet determined                                               |
| Not currently meeting                                            |
| June and August                                                  |
| As needed                                                        |
|Sept., Dec., March, June                                          |

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<thead>
<tr>
<th><strong>Committees and Commissions Listed on Calendar</strong></th>
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<tr>
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<tr>
<td>Shellfish Committee</td>
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<tr>
<td>Gaming Commission (TC 6.08.090)</td>
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<td>Housing Commission</td>
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<td>Child Care Board of Directors</td>
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</table>

| **Council Rep.**                                                  |
| Arnold Cooper                                                    |
| Charlene Krise                                                   |
| Charlene Krise                                                   |
| Vicki Kruger                                                     |
| Arnold Cooper                                                    |
| Arnold Cooper                                                    |
| Vince Henry                                                      |
| Vacant                                                           |
| (Per Tribal Code) None                                           |
| Charlene Krise                                                   |
| Vicki Kruger & Charlene Krise                                    |
| Vacant                                                           |
| None                                                             |
| Vicki Kruger                                                     |

| **Staff Rep.**                                                    |
| Jeff Dickison                                                    |
| Traci Coffey                                                     |
| Tammy Ford                                                       |
| Joseph Peters                                                    |
| Kris Peters                                                      |
| Joseph Peters                                                    |
| Eric Sparkman                                                    |
| Gordon James                                                     |
| Dallas Burnett                                                   |
| Bert Miller                                                      |
| Ray Peters                                                       |
| Vacant                                                           |
| Patti Puhn                                                       |

| **Meetings**                                                      |
| 2nd Wednesday in Feb., May, Aug., Nov.                           |
| 1st Wednesday or Thursday                                        |
| 2nd Tuesday                                                      |
| 2nd Wednesday in March, June                                    |
| 2nd Wednesday or Thursday                                        |
| 2nd Tuesday of July, Oct., Jan., April                           |
| 1st Wednesday of March, June, Sept., Dec.                       |
| 2nd Friday                                                       |
| 3rd Monday                                                       |
| 1st Friday                                                       |
| 2nd Monday                                                       |
| 4th Tuesday                                                     |
| 1st Thursday                                                    |
| 2nd Friday                                                       |
Social Security Disability

If you have been denied Social Security benefits because you receive a “Per Capita” distribution or other Tribal assistance, please contact Diane at the Squaxin Legal Department for assistance.

(360) 432-1771 ext. 0

Squaxin Island Tribe
Family Justice

The Family Justice Program is here to assist people that have been incarcerated, released from Inpatient treatment for substance abuse and/or have obligations with Probation, DOC, BHR and ICW.

The primary focus is to assist clients with finding resources to remove barriers and obtain self-sufficiency and reduce the risk of reoffending.

Contact: Family Justice Services Coordinator
Phone: (360) 432-3906
Cell: (360) 485-5150
Address: 2750 SE Old Olympic HWY
Shelton, WA 98584