

Tribal Council Elections

In the Tribe's first ever mail-in elections process, due to Covid-19 forcing closure of the annual General Council meeting, ballots were sent out on July 3rd, 2020 to 816 eligible tribal member voters based on their addresses on record with the tribe's enrollment office. 419 valid ballots were received by July 25th, 2020. Ballots were counted at 1:30 PM on July 25th, 2020 by the Elections Consultant, MKElections (<http://mkelections.com>) with Candidate Representatives present along with Law Enforcement, The Elections Committee, Legal and Tribal Administration. These are the official results of 2020 General Election based one the 419 ballots received of the 816 eligible voters.

Council Chair		Council Member 1		Council Member 2	
Candidate	Votes	Candidate	Votes	Candidate	Votes
Kristopher Peters	221	Andy Whitener	154	David Whitener Jr.	123
Vincent Henry, Sr.	56	Beverly Hawks	65	Michael Ogden	72
Arnold Cooper	50	Marcella Cooper	59	Redwolf Krise	62
Charlene Krise	43	Patricia Green	56	Steve Sigo	48
Vicki Kruger	42	Sally Brownfield	53	Misti Saenz-Garcia	43
Joshua Mason	7	Joanne Decicio	24	Janita Raham	37
				Patrick Whitener	20
				Steven Dorland	10



Kristopher Peters has more than 50% of the votes and has been elected to Council Chairman

There will be a Run-Off for Council Member 1 and Council Member 2 as follows:

Council Member 1: Andy Whitener and Beverly Hawks **Council Member 2:** David Whitener Jr. and Michael Ogden

2020 Run-Off Ballots will be sent out by July 31, 2020. Completed Ballots must be received by August 22, 2020.

To find out more about the elections and the candidates, please visit <https://squaxinisland.org/elections>.



Court Approves Shellfish Settlement that Opens Up Many Tidelands to Squaxin Treaty Harvesting

By Andy Whitener, Director, Squaxin Island Natural Resources Department - After over a decade of litigation and settlement discussions with shellfish growers, the federal court on May 26, 2020 approved an important settlement for Squaxin and other Treaty Tribes. Squaxin's Natural Resources and Legal Departments were lead negotiators. This settlement brings important benefits to the Tribe and its Treaty harvesters, as further described below.

First, some background: Back in 2007, Squaxin and other Treaty tribes signed a settlement with shellfish growers, the United States and the state of Washington that resolved many remaining issues in the shellfish case. One dispute was whether the Tribes had Treaty harvest rights on tidelands that shellfish growers cultivated and harvested before 1995. That was the year that the federal court issued the first shellfish ruling affirming the Treaty shellfishing right.

The 2007 settlement set out a test to see if the parcel was actually cultivated and harvested before 1995. If a tideland failed the test, then the Tribes had Treaty harvesting rights there. If it met the test, then the tideland was off-limits to Treaty harvesting. The shellfish growers claimed that over 900 tidelands were off-limits to Treaty harvesting. More than half of those tidelands are within Squaxin's usual and accustomed shellfishing area. That began over a decade of settlement discussion, litigation and court decisions that largely favored the Tribes.

Some important benefits of the 2020 settlement are:

- It ends litigation and sets out clear processes for Tribal harvesting on many beaches;
- It makes clear when off-limit tidelands can open up to Treaty harvesting;
- It requires commercial operators to enter into harvest plans with the Tribe for "wild stock" beds (where no cultivation occurs); and
- It penalizes shellfish growers if they make unsupported claims against the Treaty right.





Squaxin Island TRIBAL NEWS

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

ARNOLD COOPER: Chairman
CHARLENE KRISE: Vice Chairman
JEREMIE WALLS: Secretary
VICKI KRUGER: Treasurer
BEV HAWKS: 1st Council Member
DAVE WHITENER: 2nd Council Member
VINCE HENRY: 3rd Council Member

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

Schools Are Still Planning

Like so many families with kids in school, the Education Department is eager to learn what schools are going to do in the fall. So much is up in the air. Will kids be in classrooms? What hours will schools be open? What about buses? Lots of questions and not many answers... yet. We are monitoring the ongoing planning processes and decision-making for area schools, and while official decisions are still being figured out, many of the discussions include a blend of classroom learning and distance learning. All schools have to figure out how to allow as much social distancing as possible to meet public health requirements. In fact, feedback received by the Shelton School District so far reflects that about 30% of families would prefer their child continue with distance learning in the fall because of concerns over the coronavirus.

The Education Department is preparing to support Squaxin students in whatever form the coming school year takes. As more information becomes available from the area school districts, we will be passing that along through the Klah Che Min, the Daily Scoop, and the Tribe's Facebook page and website.

Services at the TLC

As this article is being written in mid-July, the Tribe has again moved to essential services, with many employees working from home. TLC staff is available by phone or email for education needs. As you read this to start August, education staff may once again be in the TLC. Until that time, we are prepared to offer remote services where possible. If you have questions about higher education, please contact Mandy Valley at mvalley@squaxin.us, or call her at 360-432-3882. For the Teen Program, contact Jaimie Cruz at [jcruz@squaxin.us](mailto:jacruz@squaxin.us), or call her at 360-742-6527. For tutoring assistance, check out our tutoring flyer in this issue.

Tutor Update

Lynice May - The end of the school year left many students disappointed, parents a bit frazzled, and all of us challenged by this thing called distance learning. Many of the teachers we have spoken to feel that distance learning is here to stay for awhile. Since next year looks like we will be including distance learning to one degree or another, we felt that parents and guardians might benefit by taking some time to become more familiar with a few of the most-used formats by our teachers--Google Classroom and Zoom.

Zoom.us has many resources you can explore, including video links to webinar training, and YouTube has many excellent tutorials for how to use Google Classroom; simply by typing Google Classroom in the search bar you gain access to tutorials covering all aspects of Google Classroom (and many of the videos are quite entertaining, too).

Research has shown that children can lose some of their skills not being in the classroom, but learning online can be fun. Over this summer your child might enjoy these fun websites that reinforce and build math skills: play.prodigygame.com for 1st through 8th grade students and/or Khan Academy. Both of these programs are free for you to use and explore, and offer a wealth of helpful learning opportunities. We tutors are at the TLC throughout the summer and, if we can help support your child's learning in any way, please feel free to contact us. We offer individual and small group tutoring, educational games, and stem projects, while maintaining a safe tutoring environment.

Summer Tutoring

If you would like your child to finish up from last year, or even get ahead for next year with their education, make an appointment with Squaxin Island Tutors, Lynice and Lynn!

We can work on assignments they didn't finish last year or we can focus on skills for next year!

To maintain a safe tutoring environment during COVID-19, we will tutor one-on-one or in very small groups.

Call the TLC 360-432-3958
Email Lmay@squaxin.us
LWhite@squaxin.us



Congratulations on Your Retirements



Liz Yeahquo 34 Years

Liz Yeahquo started working for the Tribe in 1985 as an Administrative Assistant for the Tribal Employment Rights Office (TERO) with Janice Lopeman. She assisted in monitoring on- and off-reservation employers, through compilation of data from community surveys.

Next she became the Tribe's Clerk Typist from 1985-86 doing clerical work for Planners and other employees.

She then went on to work for the Squaxin Island Natural Resources Department as the Office Manager/Accounting Assistant from 1986-2001.

Finally, she worked at the Squaxin Island Museum Library and Research Center as the Librarian/Administrative Assistant/Gift Gallery Manager from 2001-2020.

Liz received Northwest Indian Fisheries Commission's Quantitative Services Recognition of Excellence Award 1991.

She was the Tribe's first honored "Employee of the Quarter" in October of 1988.

She was one of three Tribal Delegates to "Bring Home a Vision of Unity" after attending a Global Basket Makers Conference Down Under in Camp Coorong, Australia in of Nov-

ember 1996. Margaret Seymour Henry and Michelle Stevie also attended.

Liz received a degree in Library Science from Clover Park Technical College with GPA 3.75.

She attended Antioch University in 2001 to study Beginning Conversational Puget Salish, as well as Northwest Indian College to study Accounting and Vocational Math.

Liz also served on the Tribe's Heritage, Enrollment, and Election Committees.

"I want to thank you very much, Squaxin Island Tribe. It was a great 34 years of my life, but it is time to leave "Our Home of Sacred Belongings."



June Krise 30 Years

June Krise began her career with the Tribe working as a Secretary for Elaine Moore when the Tribal Center was still housed at the old Kamilche School (where the casino is now). Next she worked as a Community Health Representative (CHR) for several years under Sally Selvidge. She attended IHS training, which even included instruction on how to deliver babies (in some remote Reservations CHR's had to do this). She worked with Elders helping them get to medical appointments and other important tasks.

She then got into drug and alcohol prevention, working with Jerry Pemberton and Rhonda Foster. One of their big accomplishments was working on getting the Northwest Indian Treatment Center started. She was a certified Chemical Dependency Counselor until 2011. She later got involved in negotiations to get TANF started at the Tribe and eventually worked as the TANF Site Manager. During that time, she was also the General Assistance Coordinator and Vocational Rehabilitation Program Manager. It was from this position that she retired in June.

She earned a Masters degree in Tribal Administration through The Evergreen State College in 1994, studying in the evenings and on week-ends. She was in the first group of graduates from this program.

She served on the local Indian Child Welfare Board in the late 1980s and helped write the codes.

She served on the Western Washington Indian Employment and Training Program (WWIETP) Board. She was a dedicated employee, attending every meeting. In support of the 2012 Canoe Journey, the program bought in \$100,00 worth of employment to the Tribe. Through that program, she was also able to get training and jobs for many people over the years.

"It is going to be hard to let go, but I know it is the right time to let go of my long career with the Tribe," June said.

"I see so many young tribal members attending higher education and training to be the best they can be, so now I can sit back and relax.

"We have many talented tribal members who can handle anything that presents itself.

"I encourage you all to love and support each other as you have done in the past.

"I won't have the resources or the contacts required to access services any longer, so I recommend contacting Charlene Abrahamson. She can make the appropriate referrals to services.

"Thanks and love to all."



Attention Squaxin 9th Graders:

If you are about to enter into 9th grade and a Squaxin Island Tribal Member, Tribal Council will provide a Chromebook to you. This is intended to help with school work during your high school years and in to college.

Please email or mail a copy of your **Photo ID** and **current ASB Card** or **current class schedule** and **mailing address** to:

Melissa Puhn at mpuhn@squaxin.us

or

Squaxin Island Tribe
ATTN: Melissa Puhn
10 SE Squaxin Lane
Shelton, WA 98584

Chromebooks will be mailed once the information has been received and verified.
Questions? Call the Tribal Center at 360-426-9781.



Congratulations on Your Retirement



Leslie Johnson 14 Years

Leslie Johnson (Puyallup) was hired March, 2006 to establish the Squaxin Island Tourism Department including reestablishing the Sa'Heh'Wa'Mish Days Pow Wow. In partnership with Charlene Krise, Executive Director, Squaxin Island Museum, Library & Research Center, and in response to Tribal member input, a new Coast Salish Gathering & Dinner debuted the Friday evening before the pow wow.

For the Paddle to Squaxin 2012 Tribal Canoe Journey, the Tourism Department Director was the Public Relations, Media and Marketing Committee Chair. The Tourism Department created the first ever journey magazine and was responsible for the Canoe Family booklet, including posters and all printed public relations pieces.

In 2017, the department published a 40-page magazine on Budd Inlet/Steh-Chass. Charlene Krise authored the magazine while Leslie provided research, facilitated the meetings, developed the story outline and creative design, and validated historical information. The magazine now serves as a valuable historical resource. Leslie provided coordination to get the project completed in time for the 2017 Harbor Days.

For the first time, the Tourism Department established the Squaxin Island Salish Seaport at Harbor Days, promoting the Tribe by showing the public that the Steh-Chass people originated in that area.

The magazine has received praise from the Washington State Superintendent of Public Instruction Chris Reykdal. It will be published on their website to help other parts of the state to teach tribal culture, which is now required by law. The magazine has been used in K-12 schools, state offices, and in 4-year institutions.

Unfortunately, the second magazine, about Eld Inlet, was derailed by the Covid-19 pandemic.

Leslie promoted tribal tourism to international, national, state, and regional tour operators for over 10 years.

In 2006, most tribal communities started their descriptions of their tourism venues by saying "This community started..." as if Tribes were not here since time immemorial. Other organizations frequently claimed tribal tourism without promoting the Tribes themselves. Leslie worked hard to change that by serving on local, regional, and national boards:

- Mason County Tourism Committee
- Shelton/Mason Chamber of Commerce
- Joint Shelton and North Mason Chambers
- Olympia | Lacey | Tumwater Visitor Convention Bureau (VCB)/now Experience Olympia & Beyond (Marketing Committee Chair)
- American Indian Alaska Native Tourism Association
- National Scenic Byway Foundation

Leslie plans to retire to Whidbey Island to be with her daughter's family, including two grandsons, ages 1 and 3!



Squaxin Island Parks & Rec R.O.O.T.S. Day Camp

Due to COVID, we are transitioning from On-Site Day Camp to At-Home Enrichment Kits for youth ages 5-12 years.

We will be providing weekly Enrichments Kits through the end of August. Any youth who are interested, parents/guardians would need to complete an online enrollment form before youth are able to participate.

The form could be found on the Squaxin Island Tribe's Website -

Go to Department & Click on Parks & Rec Scroll down to Summer Rec until you see the link!

Kits can be picked up at our Mobile Sites on Thursday's & Friday's



Grab'n'Go Meals

We will continue to distribute Breakfast & Lunch Once a day at Mobile Site for youth ages 0-18.

*Bus Shed next to Kaya Circle: 12:00-12:15pm

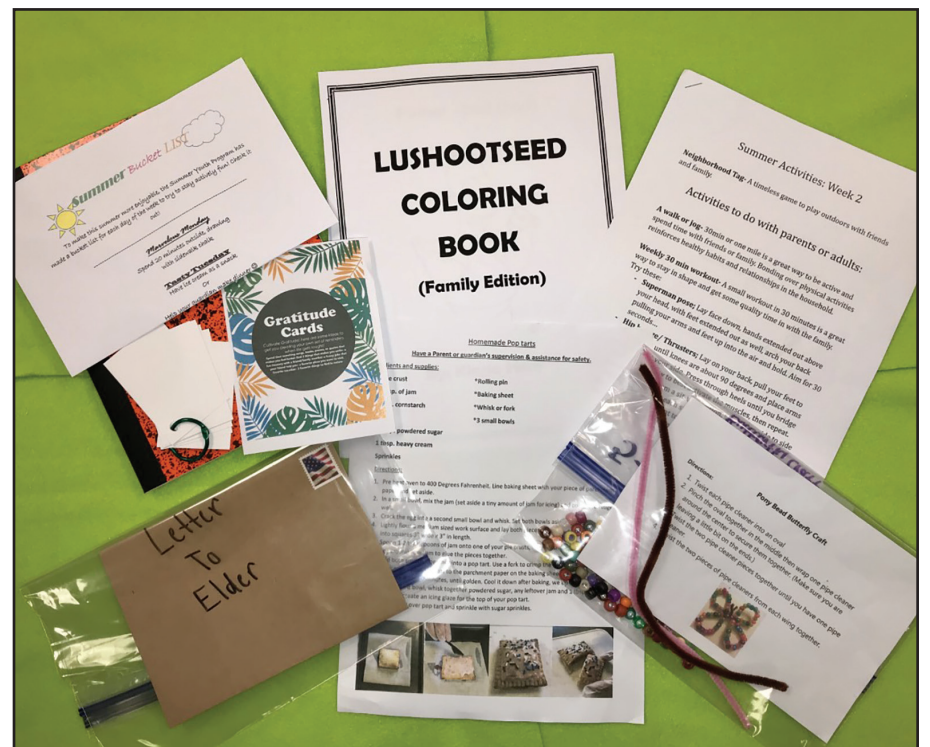
*Bus Shed @ Tpeeskin Lane: 12:20-12:35

Grassy Area @ Ko-Pul Loop: 12:40-12:55

*Grassy Area @ Sol-La-Tah Loop: 1:00-1:15

*Squaxin Island Day Care: 1:25-1:45pm

Meals will continue through August 28th





Squaxin Island Parks & Rec

**WE WOULD LIKE TO THANK
THE R.O.O.T.S. DAY CAMP STAFF
FOR ALL THEIR HARD WORK!**

**THEY ALL HELPED PREPARING
THE GRAB'N'GO MEALS
&
THE ENRICHMENT KITS**



Squaxin Island Tribal Members Produce Boxes

Must bring Tribal ID, stay in your vehicle and wear a mask

Every Tuesday from 11:00 AM-1:00 PM

This is an ongoing program boxes change week to week.

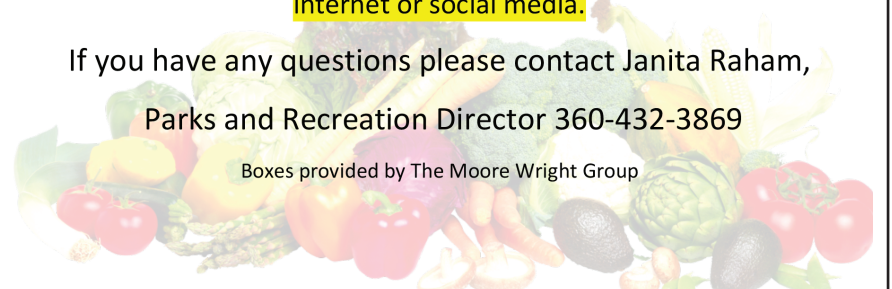
Pick up at the Squaxin Island Child Development Center. Stay in your vehicle and pull through the child drop off loop and a staff member will come to your vehicle.

1 box per household, while supplies last.

Please share this information with your family that does not have internet or social media.

If you have any questions please contact Janita Raham,
Parks and Recreation Director 360-432-3869

Boxes provided by The Moore Wright Group



Lushootseed Word Match

By: Kiana Henry

Zero	buus
One	p'ał'
Two	dəč'u?
Three	padac
Four	ǰwəl
Five	sali?
Six	łixw
Seven	təqači?
Eight	cəlac
Nine	c'ukws
Ten	dʔəlači?



SQUAXIN ISLAND BEHAVIORAL HEALTH

Youth Resources

Crisis Connections

Crisis Clinic Thurston and Mason

No crisis is too small to make the call!

Phone: (360) 586-2777

www.crisis-clinic.org

Suicide Prevention Lifeline

Help is available, speak with a counselor today

Call the lifeline anytime, 24/7

1 (800) 273-8255

TEXT "HOME" to 741741

Chat online: suicidepreventionlifeline.org/chat

Teen Link

A help line for teens, by teens

Call or Text (866) 833-6546 teenlink.org

Washington Listens COVID-19

Counseling available specific to Covid-19 pandemic

(833) 681-0211

Love is Respect

(866) 331-9474 Text "LOVEIS" (866) 331-9474

loveisrespect.org

Suicide Awareness Outreach Coordinator
Jennifer Johns

Phone: (360) 426-1582 ext 3613
jjohns@squaxin.us

100 SE Whitener Road Shelton, WA 98584




New Employee Jen Johns

Hi everyone my name is Jennifer Johns. I've recently been hired as the Outreach Coordinator with Behavioral Health outpatient services. I will be working closely with the community, bringing awareness and resources on suicide, mental health, and self-care. I am very excited to be joining the BHOP team, and eager to work with all of you in the community. Please reach out if you have any questions or need resources.

"Listen to the wind – it talks, listen to the silence – it speaks, listen to your heart – it knows."

- Dakota proverb



**YOUR MENTAL HEALTH
IS IMPORTANT.**

**KNOW
WHAT WORKS
FOR YOU.**

Meditation can help, but its not the
only solution.

**We can help you figure out
what works for you**

MORE INFO CONTACT SQUAXIN ISLAND
BEHAVIORIAL HEALTH OUTPATIENT
360-426-1582 MON - FRI 8:30A - 5:00P
100 SE WHITENER RD, SHELTON WA 98584



The Best Dog Food for Summer? These Foods Will Keep Your Dog Cool



What's the best dog food for summer? Use the principles of Traditional Chinese Medicine and the concepts of yin and yang when determining what types of dog food to keep your dog cool this summer.

Living in South Florida definitely has its perks, including balmy winter weather. For this thin-blooded gal, basking in year-

round warmth and sunshine lends itself to a certain type of easygoing lifestyle accentuated by light, fresh foods that help me stay cool and don't weigh me down when temperatures rise. But what about the best dog food for summer? Such dog food, according to Traditional Chinese Medicine, is classified as yin, or cooling, food.

"In Chinese medicine, all foods have energetic properties and produce a thermal effect on the body," said holistic veterinarian Cornelia Wagner, Dr. med. vet., owner of Hawthorne Veterinary Clinic in Portland, Oregon. Some foods are yang (warming) foods, while others are yin (cooling) foods."

People and dogs can benefit from seasonally adapting their diet to consume more yin or yang foods. "In the heat of summer, it makes sense to incorporate more cooling yin foods into the diet, whereas in winter, the body benefits from more warming yang foods," Dr. Wagner said.

"Neutral" foods, which are neither predominantly yin nor yang, are appropriate year-round. Check out these yin and yang feeding guidelines for keeping your dog cool this summer.

Proteins to Feed Your Dog in the Summer

Ample protein is essential to your dog's health; however, cooling yin proteins can also help your dog battle the heat, whereas yang proteins provide warmth on a chilly winter day.

- Yin: cod, duck, duck eggs, rabbit, tofu, turkey, yogurt
- Yang: chicken, lamb, trout, venison
- Neutral: beans (adzuki, broad, kidney, red), beef, beef liver, chicken eggs, cow's dairy, lentils, mackerel, pork, quail, salmon, sardines



Carbohydrates to Feed Your Dog in the Summer

Chances are that when the weather cools, you turn to dishes made from denser carbohydrate sources, such as a stew of root vegetables, to nourish and comfort you, whereas in the summer you seek out lighter carb-based dishes, like a cooling wild rice salad. Not surprisingly, these instinctual dietary choices also coincide with the concepts of yin and yang. "Yang foods tend to be slower growing and originate under the earth, whereas yin foods are faster growing, have a higher water content and grow away from the earth," Dr. Wagner said.

- Yin: barley, buckwheat, millet, wild rice
- Yang: oats, sticky rice, sweet potato
- Neutral: brown rice, quinoa, white potato, white rice, pumpkin, yam

Fruits and Vegetables to Feed Your Dog in the Summer

If your dog loves a nice cold chunk of watermelon on a hot summer's day, that's no surprise. Watermelon, comprised mostly of water, is a classic cooling yin fruit. Here are examples of additional yin fruits and veggies as well as yang and neutral choices.

- Yin: alfalfa sprouts, apple, banana, broccoli, Brussels sprouts, celery, coconut, cranberry, cucumber, lettuce, mango, melon, pear, watermelon
- Yang: asparagus, cherries, green beans, green peppers, kale, red peppers
- Neutral: beet root, beet greens, cabbage, carrots, cauliflower, peas, pine apple, raspberry

Ever break out into a sweat after eating a spicy meal? Then you've experienced the effects of yang spices, such as cayenne pepper. In the summertime, opt for more cooling seasonings to help your dog beat the heat.

- Yin: peppermint, marjoram
- Yang: basil, black pepper, cayenne pepper, cinnamon, dill, fennel seeds, garlic, ginger

Preparation of Dog Food Matters

Cooking method also determines whether foods take on a more yin or yang quality, according to Dr. Wagner. "In hot weather, cook foods briefly or feed raw," she said. "However, avoid feeding ice-cold foods, which are hard on digestion." Adding water to fresh food also increases the yin quality, while helping to promote hydration.

Avoid Extremes with Dog Food in the Summer

Accentuating yin or yang foods according to the seasons is beneficial, but feeding an overabundance of either can lead to imbalances in the body, resulting in an excess of one type of energy with a corresponding deficiency of the other. According to Dr. Wagner, acute yin deficiency might result in signs such as sensitivity to cold, lethargy or poorly formed stool, while too many yang foods might cause feelings of stress, increased thirst and dry, hard stools that are difficult to pass.

Consider Your Dog's Health When Selecting Dog Food

A dog's specific health issues also determine whether emphasizing yin or yang foods is appropriate. Yin diseases that benefit from more warming, yang foods include anemia, diabetes, chronic digestive issues, chronic kidney disease, dry skin, generalized weakness and hypothyroidism. Yang conditions warranting cooler yin foods include abscesses, acute fever, acute hepatitis, aggression, agitation, ear infections, infection, injuries, arthritis with inflamed or swollen joints, hot spots, hyperactivity and certain skin diseases.

Dr. Wagner also noted that while dry dog food is convenient, it is very yang. "Fresh ingredients, which are closest to a dog's natural diet, are far superior than highly-processed foods, regardless of the season," she said.

Written by: Diana Laverdure-Dunetz, MS, a canine nutritionist and co-author, with W. Jean Dodds, D.V.M., of two books, including *Canine Nutrigenomics: The New Science of Feeding Your Dog for Optimum Health*. Their online course, *Complete Canine Nutrition*, can be found at myhealthydog.dog.



Renter's Insurance is Important

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

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

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

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

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

Children & Money

Children need to be taught about money. They are never too young to start learning money management skills. Children learn their money habits, values and principles by watching and listening to parents and others around them. In fact, one does not have to say anything to pass on good and bad habits. All family members feel the pinch when money is tight; therefore, open communication is important.

Tips for talking with children about money:

Communicate with children about money - involve the family members when making decisions about money. Children grow in understanding and self-worth when they contribute to the resolution of financial issues.

Teach the difference between wants and needs - this will help with good decision-making in the future.

Help children set goals - Every time a child asks for something such as a toy, clothing, etc. is a chance to teach goal setting.

Savings vs. spending - have children learn to save by putting a small amount in a bank weekly. Talk about saving a percentage of their allowances and gifts.

Help them start a record keeping system - Keep receipts and keep a journal of where and how their money is saved and spent.

Let them make spending decisions - Decisions may be good or bad but each is a learning experience. Help children learn to do research before making major spending decision. Ask what else the money could be used for.

Teach about debit and credit cards - when using a card for paying in a restaurant or store, explain how it works and the importance of checking the amount and how to use them correctly to avoid fraud.

Six helpful tips to make your yard safer for your family, pets and visitors

During warmer months, many families spend time outdoors with their pets. You may think your dog is not aggressive, but even the sweetest dog may bite if provoked. With their natural curiosity and exuberant energy, children often are the most likely to provoke a dog — usually unintentionally. That's probably why children make up more than 60 percent of the half- to one-million dog bite victims reported annually in the United States.¹ Many dog bites are preventable, however.

Here are some tips to help keep both people and pets safer:

- Carefully consider your pet selection — Your veterinarian can help — they can be a great source of information about breed behavior and suitability. Remember to consider who visits you as well as who lives in your house hold. If you have grandchildren, nieces, nephews or friends with children, you'll probably want a dog with a gentle disposition.
- Make sure your pet is socialized — Expose your puppy or adopted dog to a variety of situations as early as possible. Try to do this a little at a time, under controlled circumstances. Continue these short interactions until your dog appears comfortable around children, adults and other animals.
- Spay/neuter your pet — Neutered dogs are less aggressive and less likely to bite.
- Train your dog — Teaching your dog basic commands such as "sit" or "stay" helps develop obedience and builds trust.
- Keep your dog healthy — Have your dog vaccinated against rabies and preventable infectious diseases, and see your vet on a regular basis.
- Be alert — Be aware of your dog and watch for signs they may be uncomfortable or feel threatened.

Preventing Dog Bites

Learn how to play it safe — teach young children these 10 basic dog safety rules:

Do's

1. Do remain motionless when approached by an unfamiliar dog.
2. Do roll into a ball and lie still if knocked over by a dog.
3. Do report stray dogs to an adult immediately.
4. Do report a dog bite to an adult immediately.

Don'ts

1. Don't approach an unfamiliar dog.
2. Don't run from a dog and don't scream.
3. Don't play with a dog unless given permission and supervised by an adult.
4. Don't make or maintain direct eye contact with a dog.
5. Don't disturb a dog that is sleeping, eating or caring for puppies.
6. Don't pet a dog without first allowing it to see and sniff you.





How to Care for Someone at Home During COVID-19 (Coronavirus)

Caring for someone at home

Most people who get sick with COVID-19 will have only mild illness and should recover at home. Mild illness might include fever, cough, mild breathing problems, headache, chills, muscle pain, sore throat, or loss of taste or smell. Care at home can help stop the spread of COVID-19 and help protect people who are at risk for getting seriously ill from COVID-19.

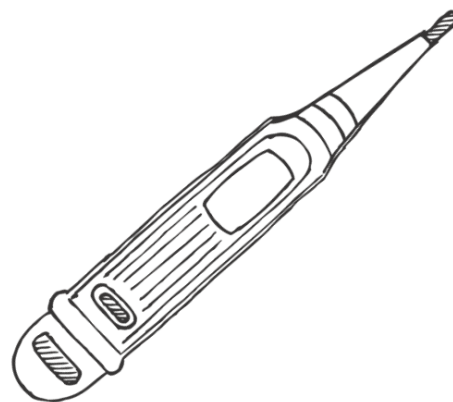
At-home care may not be appropriate for elders and people of any age with certain serious medical conditions like lung disease, heart disease, or diabetes. These groups are at higher risk for developing more serious effects from COVID-19 and should contact their healthcare provider as soon as symptoms start.

If you are caring for someone at home, prevent the spread of germs, watch them for emergency signs, treat symptoms, and end isolation only after following appropriate guidelines.

Prevent the spread of germs

COVID-19 spreads person-to-person by coughing, sneezing, or personal contact like touching or shaking hands. **Someone with mild symptoms may spread the disease without knowing they are sick. It is important for anyone showing even mild symptoms to stay inside and stay 6 feet away from others during their recovery.**

- If possible, have the sick person use another bathroom.
- Avoid sharing items like towels, dishes, and bedding.
- Have them wear a facemask or bandana over the mouth and nose when around others in the home. If the mask or bandana gets moist or wet, change it. Bandanas or homemade masks can be washed and reused.
- Wash hands with soap or use hand sanitizer often, especially after interacting with the sick person.
- Avoid touching eyes, hands, and mouth.
- Several times per day, clean flat surfaces that droplets can land on, such as tabletops or countertops, and surfaces that are touched often, such as doorknobs. Use household cleaners and disinfectants, and wear gloves if available. If the sick person is using a shared bathroom, that should be cleaned and disinfected after each use by the sick person.
- If possible, keep windows open to increase air flow.
- Wash laundry thoroughly. Wash hands after handling clothes.
- Avoid having visitors.



Know the emergency warning signs

People who develop **emergency warning signs** for COVID-19 should **call 911 and get medical attention immediately.**

Emergency warning signs include:

- **Difficulty breathing or shortness of breath**
- **Constant pain or pressure in the chest**
- **Confusion or can't wake up**
- **Blue lips or face**

Treating symptoms

There is no cure for COVID-19 at this time. To treat symptoms, the sick person should drink lots of water and rest. Contact a healthcare provider for advice. They may suggest taking over-the-counter drugs like Tylenol to help with symptoms.

Most people will have symptoms for a few days and recover after 1-2 weeks. **Elders and those with serious medical conditions are at greater risk for severe symptoms that may last a long time. People in these groups should contact their healthcare provider as soon as they show symptoms.**

Guidelines for ending home isolation

Those who no longer have symptoms should consult with their healthcare provider before restarting normal activities.

People who no longer have symptoms can also find official CDC advice for ending home isolation at www.CDC.gov/coronavirus.

For more information:
[CDC.gov/coronavirus](https://www.CDC.gov/coronavirus)



JOHNS HOPKINS
CENTER FOR AMERICAN
INDIAN HEALTH

This publication was supported by Cooperative Agreement U254IHS0001-01-00, funded by the Indian Health Service.

Effective May 5, 2020
Source: CDC



HEALTH CLINIC



Mammogram Schedule 2020

Wednesday, August 12, 2020

Thursday, August 13, 2020

Wednesday, December 16, 2020

To schedule an appointment or if you have any questions regarding your eligibility please contact:

Traci Lopeman at (360) 432-3930.

Every Woman counts, please tell your Sisters, Daughters, Mothers and Friends to have a mammogram done yearly.

Beginning at age 40 Women should have a mammogram done yearly. Clinical breast exams should be done on a yearly basis by your medical provider. You should do your own monthly Breast Exams on a regular schedule.

Check in at the Tribal Administration Bldg.



susan g. komen.
PUGET SOUND



National Breast and Cervical
Cancer Early Detection Program



National Indian Health Board NATIONAL TRIBAL COVID-19 RESPONSE

910 Pennsylvania Avenue, SE | Washington, D.C. 20003 | 202-507-4070 | www.nihb.org

4/8/2020

COVID-19 Risk and Smoking

Smokers may be more vulnerable to COVID-19 due to fingers coming in contact with lips which increases the possibility of transmission of virus from hand to mouth. Also, some smokers may have lung disease or reduced lung capacity which can greatly increase risk of serious illness should they become infected with COVID-19.

Smoking's Impact on the Body

- A person who smokes commercial tobacco products may be at greater risk for, and may have a harder time recovering from, respiratory illnesses, such as COVID-19.
- Cigarette smoking can suppress the immune system and cause heart and lung diseases.
- Conditions that increase oxygen needs or reduce the ability of the body to use it properly will put patients at higher risk of serious lung conditions such as pneumonia.

Smoking and Social Gatherings

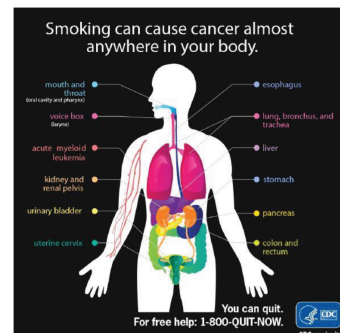
- Smoking products such as hookah or water pipes often involve the sharing mouth pieces and hoses. This could potentially transmit COVID-19 in group or social gatherings.

REMEMINDER: Social-physical distancing - staying 6 feet away from other people and staying home unless you have to go out for essentials is recommended.

Help Quitting

Now – with increased risk of COVID-19 complications, stay-at-home orders, and many experiencing financial uncertainty – is a good time to consider quitting commercial tobacco use.

- American Indian Commercial Tobacco Program (AICTP) - 1-855-372-0037
- 1-800-QUIT NOW or visit www.cdc.gov/quit



For more information about information about people who are at higher risk for severe illness related to COVID-19 visit <https://www.cdc.gov/coronavirus/2019-ncov/specific-groups/high-risk-complications.html>

For more information, visit NIHB's National Tribal COVID-19 Response page at www.nihb.org

Reminder

Schedule your child's
annual well check up
before school starts!



Call the clinic at 360.427.9006
for an appointment

Plan ahead for
a healthy school year



Nourish
Wellness



JAMA PATIENT PAGE

What Is COVID-19?

Coronavirus disease 2019 (COVID-19) is a disease caused by a new coronavirus, severe acute respiratory syndrome coronavirus 2 (SARS-CoV-2).

Coronaviruses are a cause of the common cold, but SARS-CoV-2, which likely came from bats, causes more severe disease in many patients.¹

Symptoms and Diagnosis

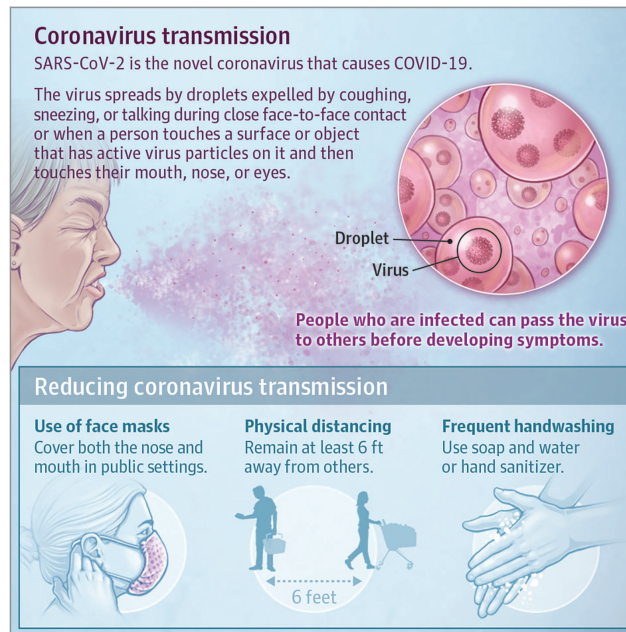
Symptoms occur on average about 5 days after exposure to the virus. Almost all patients develop symptoms within 12 days. Therefore, a 14-day self-isolation is recommended for people who were likely exposed to the virus. The most common symptoms are cough, fever, and shortness of breath; most patients with COVID-19 have at least 1 of these. Other common symptoms include muscle aches, fatigue, nausea, vomiting, and diarrhea. People may also have loss or change in sense of taste and smell.²

COVID-19 is typically diagnosed by a swab of the nose that measures the coronavirus. There are also blood tests that can measure recent exposure to the virus, but these do not show positive results until 1 to 3 weeks after infection starts.

COVID-19 Disease Progression and Treatment

The virus typically enters through the eyes, mouth, or nose then travels down the throat, where it may cause a cough. In some patients, the virus enters the lungs and may cause pneumonia. Pneumonia leads to fluid filling the air sacs in the lungs, which makes breathing difficult. Most patients with pneumonia must be hospitalized and treated with oxygen. Some patients become very ill and need life support such as mechanical ventilation. About 1 in 20 patients with COVID-19 dies. However, death rates vary substantially by age, ranging from 1 in 900 patients aged 18 to 29 years to 1 in 34 aged 50 to 64 years and 1 in 3 aged 85 years or older.

There is currently no vaccine to reduce risk of COVID-19. Several potential vaccines are in development, which may help prevent COVID-19 in the future. For most patients, treatment is supportive. Antibiotics do not work for this viral disease. Studies are testing many antiviral medications, as well as medications to modify the body's response to the virus. For certain hospitalized patients, antiviral drugs and steroids may help.



Patients with COVID-19 are likely to have fatigue and decreased energy for 6 to 8 weeks. It may be difficult to resume the same activity and exercise as before COVID-19, but it is important to remain active and increase exercise gradually. For most patients, lung function returns to normal after pneumonia.

Scientists do not know if people can have COVID-19 more than once, but repeat infection may be possible, particularly for people with mild symptoms during their initial infection.

FOR MORE INFORMATION

JAMA COVID-19 Information Page
jamanetwork.com/journals/jama/pages/coronavirus-alert

Authors: W. Joost Wiersinga, MD, PhD, MBA; Hallie C. Prescott, MD, MSc

Published Online: July 10, 2020. doi:10.1001/jama.2020.12984

Author Affiliations: Division of Infectious Diseases, Department of Medicine, Amsterdam UMC, Location UMC, University of Amsterdam, Amsterdam, the Netherlands (Wiersinga); Division of Pulmonary and Critical Care Medicine, University of Michigan, Ann Arbor (Prescott).

Conflict of Interest Disclosures: Dr Wiersinga reported receiving grants from the Netherlands Organisation of Scientific Research. Dr Prescott reported receiving grants from the National Institutes of Health, Agency for Healthcare Research and Quality, and Department of Veterans Affairs and serving on the Surviving Sepsis Campaign.

The JAMA Patient Page is a public service of JAMA. The information and recommendations appearing on this page are appropriate in most instances, but they are not a substitute for medical diagnosis. For specific information concerning your personal medical condition, JAMA suggests that you consult your physician. This page may be photocopied noncommercially by physicians and other health care professionals to share with patients. To purchase bulk reprints, email reprints@jamanetwork.com.

1. Wiersinga WJ, Rhodes A, Cheng AC, et al. Pathophysiology, transmission, diagnosis, and treatment of coronavirus disease 2019 (COVID-19): a review. *JAMA*. Published online July 10, 2020. doi:10.1001/jama.2020.12839

2. Huynh PP, Ishii LE, Ishii M. What is anosmia? *JAMA*. Published online June 18, 2020. doi:10.1001/jama.2020.10966



You can help her stay strong and healthy.

You can help your children stay strong and show them ways to lead happy, healthy lives:

- Get enough sleep.
- Be physically active every day.
- Eat healthy foods.
- Be happy and laugh often.
- Connect to nature and Spirit.



Produced by IHS Division of Diabetes Treatment and Prevention, www.diabetes.ihs.gov



Squaxin Island WIC (Women, Infants, and Children)

provides healthy foods & nutrition information for you and your child up to age 5.

Please have available:

Your child, Provider One Card or paystub and identification for you & your child

Contact at SPIPA for an appointment:

Patty at 360.462.3224,
wicnutrition@spipa.org

or

Debbie Gardipee-Reyes 360.462.3227
gardipee@spipa.org

Main SPIPA number: 360.426.3990

Next WIC:
Tuesday, August 11

Remote phone appointments due to COVID-19
We will call you on your appointment day



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



Breastfeeding is Honoring Native traditions



A few reasons why Alex chose to breastfeed:

- It's Nature's Way. ... It is Native Tradition
- Mother's milk adapts to the baby's needs and helps the baby's immune system
- Saves me money
- Gives me the opportunity to bond with my baby
- Lowers my risks of cancers



Alex & her son, Kulani, who just turned one in May!

Still going strong with breastfeeding!

Both enrolled Haida (Tlingit & Haida Indian Tribes of Alaska)

Alex's advice /things you may not realize:

- Babies nurse often— every 2-3 hours around the clock , especially when newborn.
- They sometimes sleep a 6 -hour stretch starting around 6 months old
- Seek help early if having challenges— it takes practice before it gets easy
- BREASTFEEDING IS NOT A FORM OF BIRTH CONTROL— check with your clinic about what is available
- Wait before you pump. If you are with the baby, no need to pump.
- Stay hydrated and eat healthy



Have breastfeeding questions or need support? Contact Alex at : abagaforo@spipa.org

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

Stay Safe, Stay Healthy, Stay Vaccinated!



Keep your child safe by staying up to date on vaccinations during COVID-19. Clinics have changed to make it safe for your child to get needed vaccines.

While there isn't a vaccine against COVID-19 yet, the good news is that vaccines can protect children from 14 other serious diseases. Delaying or missing vaccines could put your child, your family and your community at risk for these diseases. Vaccinating children on time is the best way to protect them.

Talk with your child's doctor, nurse or clinic about the immunizations your child needs to stay healthy, and ask about the clinic's safety measures to protect your family when you visit.

Do your part: Stay Safe, Stay Healthy, Stay Vaccinated!

Resources

- Need help finding a doctor or clinic, or other health resources? Call the Help Me Grow Washington Hotline at 1-800-322-2588.
- Not sure if your child is up to date on their vaccines? Access their immunization record for free at wa.myir.net/register
- For additional information and resources about immunizations during COVID-19, visit immunitycommunitywa.org.

"We checked in by phone from outside the clinic and then were taken directly to a room, which was sanitized after we left. It was reassuring to see all the steps the office took to keep us safe."

— Mother of a 14-month-old





Elders Menu . . . Fruit and salad at every meal

MONDAY 3:

Chicken Burgers, Chips

TUESDAY 4:

Clam Chowder, Buckskin Bread

WEDNESDAY 5:

Baked Chicken, Rice Pilaf

THURSDAY 6:

Baked Ham, Scalloped Potatoes
Mixed Veggies

MONDAY 10:

Mediterranean Fettuccine w/ Shrimp

TUESDAY 11:

Pork Pozole, Tortillas

WEDNESDAY 12:

Indian Tacos

THURSDAY 13:

Clams, Corn on the Cobb

MONDAY 17:

Beef Fajitas, Spanish Rice

TUESDAY 18:

Chicken Noodle Soup, Biscuits

WEDNESDAY 19:

Crab Cakes, Broccoli

THURSDAY 20:

Pizza

MONDAY 24:

Chicken Stroganoff, Peas & Carrots

TUESDAY 25:

Broccoli Cheddar Soup,
Turkey Sandwiches

WEDNESDAY 26:

Ribs, Mac-N-Cheese, Baked Beans

THURSDAY 27:

Zucchini Saute

MONDAY 31:

Hamburgers, Mac Salad

In an effort to provide additional safety precautions, the Elders staff will only be delivering meals to "Homebound" Elders at this current time. Elders who have met the requirements of "Homebound" will still call in to the Elders staff to request meals. Thank you for understanding.



The Center for American Indian Health at the Johns Hopkins Bloomberg School of Public Health created a book titled

"Our Smallest Warriors, Our Strongest Medicine: Overcoming COVID-19."

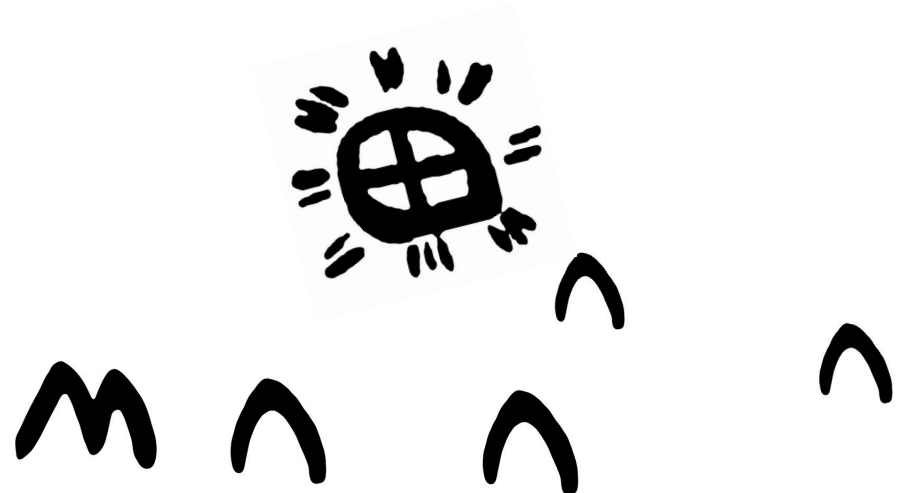
This Indigenous children's storybook is a re-telling of [My Hero is You](#), developed by the Inter-Agency Standing Committee. An intertribal workgroup, including a Native youth artist, convened to re-write this story and create illustrations that represent Indigenous values and communities.

The adapted story seeks to reach Indigenous peoples across Turtle Island and portray a sense of hope in the face of the COVID-19 pandemic.

The book is available as a PDF for free online at our website: <https://bit.ly/NativeStrongMedicine>, along with downloadable coloring pages, activities and parent resources.

If your family reads the book, please consider filling out our survey that helps us understand how this book is helpful: [Our Smallest Warriors Survey](#).

Book available at the Clinic and Parks and Rec Departments while supplies last!



Help Protect Our Kids, Families and the Environment



Clean Out Your Medicine Cabinet

Prescription Drug Take Back Boxes

Located At:

Mason County Sheriff's Office
322 North 3rd Street in Shelton

&

Mason Regional Fire Authority
460 Northeast Old Belfair Highway in Belfair

For More Information Call Mason County
Public Health & Human Services

360-427-9670 ext. 400





August Happy Birthdays



1
Barbara Gail Kennedy
Jeremie John Walls

3
Anne Elizabeth Burgain
Darlene Wood
Louise Isabelle Kathy Burgain
Randolph Bert Foster

4
Kelly Josephine Jones
Lawton Jebadiah Case
Leighton James Case
Norman Riley Price
Tyrone S. Seymour

5
Christopher Eugene Brown

6
Jill Danielle Kenyon

7
David Charles Johns
Robert David Koshiway Jr.

8
Ashley Mariah Renee Smith
Lettie Machado-Olivo
Lisa Fawne Frodert
Margaret Hazel Johns
River Marie Korndorfer
Robert Edward Sigo
Roy Journey Bear Perez

9
Araceli Hernandez-Capoeman
Chasity Faye Masoner
David Wayne Peters Jr.
Juliet Lindsay Galos
Memphis Shawn Penn-Dodge
Nikieta S. Ho

10
Kalysi Renee Whitener

11
Marilyn Helene Mcfadden

12
Aaron James Edgley
Zaiden Elijah Jimmie

13
Brandon Eugene Campbell
Lola Noelle Bonin

14
Elena Lin James
Rory Jane Allen

15
Llewellyn Frank Parker
Naraiah Lhee Gray
Zachary W. Sanchez

16
Kevin Henry Spezza
Matthew James Cooper
Rachel M. Naranjo

17
Magdelano Roy Perez
Virginia A. Farron

18
Hannah Lucille Forcier

19
Naomi Reyes

20
Dionna A.P. King
Rock James Johns

22
Aidan Alan Sizemore
Greg Anthony Lewis Glover
Jessica Eliza Spiering
Rene De Anne Salgado

23
Andre James Woody-Johns
Cadence Joseph Henry
Ernesto Naranjo Johns Jr.
Jeremiah Obi-Rivera
Julio F. Castillo

24
Bryce Mitchell Penn
Victoria L. Sanders

25
Mitchell John Carrington
Nicole Mae Bluebird

26
Eden Lee Van Cleave

27
Kaytlyn Joi Henderson
Meghan Elizabeth Burgain

28
Eathon Raymond Caasi
Nancy Carol Combes
Rhonda Madge Foster
Terasa Malinda Kenyon

29
Angelo W. Rivera
Joseph D. Furtado
Lindsey Nicole Harrell

30
Catherine Mary Tuller
Debra Lee Sayers
Euphamie Lillian Whitener
James Ronnie Trinidad
Loreta Marie Swan Krise
Taylor Jeffrey Porad



Gus returning a loose dog. 7/21/20. He loves making friends!

STAY

ALL WATERCRAFT IN U.S. WATERS

300 yards from endangered SOUTHERN RESIDENT ORCAS (FISH EATING TYPE)	200 yards from BIGG'S TRANSIENT ORCAS (MAMMAL EATING TYPE)	100 yards from BALEEN WHALES & ALL OTHER MARINE MAMMALS
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WEAR
FACIAL
COVERINGS

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LOCAL
ORDINANCES

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6
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What's Happening



Council Elections Ballots Due: August 22

August 22 August court dates:

FAMILY COURT: Thursday, August 6

FAMILY COURT: Tuesday, August 11



COMMITTEES COMMISSIONS & BOARDS

Committee

Aquatics Committee
Elders Committee/Inc.
Elections Committee
Enrollment Committee
Fireworks Committee (TC 6.04.040)
Fish Committee
Gathering Committee
Golf Advisory Committee
Hunting Committee
Shellfish Committee
Veterans' Committee



Council Rep.

Arnold Cooper
Charlene Krise
None per code
Charlene Krise
None per code
Vicki Kruger
Charlene Krise
Arnold Cooper
Arnold Cooper
Vince Henry
None

Staff Rep.

Jeff Dickison
Traci Coffey
Tammy Ford
Tammy Ford
TBD
Joseph Peters
Rhonda Foster
Marvin Campbell
Joseph Peters
Eric Sparkman
Kim Kenyon

Meetings

2nd Wednesday in Feb., May, Aug., Nov.
1st Wednesday or Thursday
March, April, May
2nd Tuesday
May and June
2nd Wednesday in March, June
TBD
2nd Wednesday or Thursday
2nd Tuesday of July, Oct., Jan., April
1st Wednesday of March, June, Sept., Dec.
TBD

Commission

1% Committee (Bylaws & Appendix X2)
Budget Commission
Education Commission
Gaming Commission (TC 6.08.090)
Housing Commission
Utilities Commission



Council Rep.

C.Krise, V. Henry, V. Kruger
Vicki Kruger
Vacant
None per code
Charlene Krise
Vacant

Staff Rep.

Marvin Campbell
Marvin Campbell
Gordan James
Dallas Burnett
Liz Kuntz
Vacant

Meetings

Feb., May, Aug., Nov.
June and August
2nd Friday
1st Thursday
1st Friday
1st Thursday

Board

Business Administration Board
Child Care Board of Directors
Island Enterprises Board
Museum Library and Research Center Board
Skookum Creek Tobacco Board
SPIPA Board of Directors
Tourism Board (TC 2.34.010)



Council Rep.

None per code
Vicki Kruger & Charlene Krise
Arnold Cooper
Bev Hawks
Vinny Henry
Vicki Kruger
Vacant

Staff Rep.

Nathan Schreiner
Bert Miller
Dave Johns
Charlene Krise
Mike Araiza
Marvin Campbell
Leslie Johnson

Meetings

As needed
2nd Monday

Sept., Dec., March, June
4th Tuesday
2nd Friday
TBD

SQUAXIN TRIBAL COUNCIL
CALL FOR ARTISTS

Tribal Council would like to have a directory of Tribal Artists to call upon when artwork is needed. If you have a craft and would like to be included in the directory, please submit your:
Name, contact information & art medium

to Melissa Puhn: mpuhn@squaxin.us
or call her 360-426-9781 for more information.



South Puget Intertribal Planning Agency



USDA Foods Program August Dates

PT. GAMBLE S'KLALLAM 8/5/20

SQUAXIN ISLAND 8/11/20

CHEHALIS 8/17/20

SKOKOMISH 8/20/20

NISQUALLY 8/25/20

NOTE: Please stick to the monthly schedule for the USDA Commodity Food Program. Food distribution staff have other duties that they are responsible for on the days they are not issuing commodities. If you're unable to make the date, please call and schedule an appointment with appropriate staff.

For USDA Food, call SPIPA at 360.426.3990

This institution is an equal opportunity provider.



South Puget Intertribal Planning Agency



WIC Program August Dates

CHEHALIS 8/6/20

SQUAXIN ISLAND 8/11/20

NISQUALLY 8/12/20

SKOKOMISH 8/19/20

This Institution is an equal opportunity provider.
Washington State WIC Nutrition Program does not discriminate.

NOTE: These dates are future projections. While we strive to keep these dates and times, they may be subject to change. This program is not always able to accommodate walk-ins due to their other duties.



Early Head Start

Now Recruiting Pregnant Women and Children Birth to Three



Early Head Start Provides:

- ☒ Parent Training
- ☒ Health Screenings
- ☒ Family Support



We are committed to a high-quality Program.
Ask us about:



Early Head Start programs provide family centered services for low income families with very young children.

Squaxin Island Child Development Center
Sabrina Green or Savannah Fenton
(360)426-1390



Free Quality Preschool for Your Child

ECEAP helps all children enter kindergarten ready to succeed

Who is eligible?

Children 3 years old or 4 years old by August 31st who are:

- ▶ From a family with a low annual income; or
- ▶ Qualify for school district special education services; or
- ▶ Have developmental or environmental risk factors that could affect school success.



Questions?

Squaxin Island Child Development Center
Sabrina Green or Savannah Fenton
(360)426-1390

ECEAP Provides:

- ☒ Preschool
- ☒ Nutritious meals & snacks
- ☒ Health screenings
- ☒ Family support

We are committed to high-quality preschool.
Ask us about:

