

## Congratulations Chairman Kris Peters

*Photos by Margaret Henry and Casey Krise*



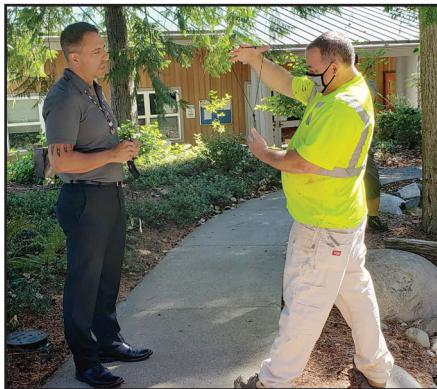
*Cultural Resources Director Rhonda Foster administered the Oath of Office on July 29th*



*Kris's family and friends*



*Kris and Council Member Vince Henry*



*Tribal Council Secretary Jeremie Walls gifted Kris with two necklaces made by Casey Krise*

I am Humbled. I am honored.

I want to take a moment to recognize Arnold Cooper and all of his dedicated years on Tribal Council. He is a tireless leader who is kind and cares about our people. He worked hard as an advocate for every tribal member and continued to bring our Tribe forward through some difficult times financially. He stayed strong while under a constant microscope. My hands go up to you, Arnold, and I am honored to have you as a friend.

As the new Chairman, I get to continue my lifelong journey in public service for the Squaxin Island Tribe. I take this title as a public servant very seriously. The reality is, no one works for the Chairman; the Chairman works for all of you. I heard the former Chair of Swinomish, Brian Cladoos-

by once say, “as leaders we have not reached the top. We are at the bottom. Our job is to hold our people up.” That resonated with me. As the Chair, I work for you. I do not rule with an iron fist. I am not the know all, say all. If I ever say something you do not agree with, let’s have a conversation. Please ask me questions. Let me know how I am doing. I have made mistakes in the past. I have been wrong. But I never stop listening and never stop learning. And I will never stop fighting for our Tribe and working tirelessly to move us forward.

I have so many ideas that I cannot wait to discuss with you all and get your feedback.

We are Squaxin! We come from the Noo-Seh-Chatl, Steh-Chass, Squi-Aitl, T’Peeksin, Sa-Heh-Wa-Mish, Squawksin, S’hotle-Ma-Mish. We are all family who were never a singular people, but a collective that lived and survived together since the beginning of time. I wish to honor our ancestors and the great leaders of our past and do what is best for future generations.

I want to make you all proud.

Love  
 Kristopher Klabsch Peters  
 (360) 490-1441





## 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:

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

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### Walking On

### Mark Snyder

**March 18, 1958 - July 31, 2020**

Mark Snyder, beloved by all who knew him, passed away peacefully at home on July 31.

He was born on March 18, 1958 in Mankato, Minnesota to Rodney Arthur Snyder and Mary Pat Aschman.

He grew up and went to high school in Sherburn, Minnesota.

He then moved to Alaska where he worked with youth in outdoor recreation at Fort Richardson Army Base. He married Bette Jo (BJ) Peters, and together they owned and operated Barb's Florist Shop. They moved to the Squaxin Island Reservation in the 1990s where he was employed as the Youth Activities Coordinator for many years. He later worked as a driver for Skookum Creek Tobacco Company, and it was from there that he retired in 2019.

He met the love of his life, Darla Strate, on September 13, 2014, and they instantly became two peas in a pod. Their world evolved around all kinds of sports, next to their kids and grandkids. They actively participated in fantasy football and fantasy baseball together. They married on June 13, 2020.

Mark enjoyed golfing (especially at Salish Cliffs), softball, boating, riding motorcycles, playing and watching

## Congratulations Newly Elected Tribal Council Members Andy Whitener and David Whitener, Jr.



Squaxin Island Tribe  
2020 Elections



### OFFICIAL ELECTION RESULTS 2020 General Election Run-Off

These are the official results of 2020 General Election Run-Off. The Run-Off Ballots were mailed out on July 31st, 2020 and were due at Tribe's Post Office Box by August 22nd, 2020. At 1:30 PM August 22nd Ballots were counted by MKElections with the Candidate Representatives present along with Law Enforcement, The Elections Committee, Legal and Tribal Administration.

Election results the are as follows from the 305 received ballots/votes of the 817 Eligible Voters:

TRIBAL COUNCIL MEMBER 1		TRIBAL COUNCIL MEMBER 2	
Andy Whitener	194	David Whitener Jr.	175
Beverly Hawks	109	Michael Ogden	127

**Andy Whitener has more than 50% of the vote  
and has been Elected to Tribal Council Member 1.**

**David Whitener Jr. has more than 50% of the vote  
and has been Elected to Tribal Council Member 2.**

**The 2020 Squaxin Island Tribal Election is now concluded  
with remarkably high voter participation via mail-in votes.**

**Statistics related to this election process  
will be posted in a future Klah-Che-Min release.**

Election information can be viewed on the tribes website at <https://www.squaxinland.org/elections/>

all kinds of sports, and, especially, spending time with his grandkids.

He is survived by his wife, Darla Snyder; son, Daniel Snyder (girlfriend Jessica Cruz and sons, Blaze and Walt); daughters, Laura Snyder and Amber Gomez (husband Ramon and daughters/sons, Jazmyn, Alexia, Markus, Maddox, Mavrik, Xzandra); stepsons, Jeremie Walls and Justin Demattos; brothers, Mike Snyder of Windom, Minnesota, Greg Snyder of River Falls, Wisconsin, and Tim Snyder of Windom, Minnesota, and his wife, Robin; and nieces, Katy, Emma and Chloe.

Mark will always be remembered for how much he loved and connected with kids. He was always laughing and joking and teasing - in a loving way. He wore his heart on his sleeve and sincerely cared about people.

He will be greatly missed!

His service was held at the Squaxin Island Tribe's Sacred Grounds at 11:00 a.m. on Saturday, August 8th.





## Where Are They Now? Chazmin Peters, Alaska Airlines Pilot!

Squaxin Island tribal member Chazmin Peters is an Alaska Airlines First Officer/Pilot, and was featured on the front cover of the December 2017 Alaska Airlines Beyond magazine. The article, Flight Paths, showcased women pilots working for the company and the paths they took to become pilots. The following is a reprint from the magazine . . .

### Women pilots take wing at Alaska Air Group

GOOD PILOTS are known for their technical expertise, precision, teamwork and customer service. At Alaska Air Group, pilots go beyond that to also exemplify the company's core values: Own safety, do the right thing, be kindhearted, deliver performance and be remarkable.

These professionals have a deep and unwavering commitment to outstanding flying skills. They take seriously their command responsibility and authority. At the same time, they know they are flying people and not just planes, and that mindset informs everything they do, from a willingness to truly listen to input from their teams to actively seeking opportunities to connect with guests.

Women in the flight deck remain somewhat of a rarity: Only about 5 percent of commercial airline pilots in the United States are women. Like the airline industry overall, Alaska Air Group want to foster a flow of new pilots, and it actively promotes the profession to young people. The airline supports education, with an emphasis in STEM curricula, and a special focus on encouraging female students through classroom visits and hosted events.

Among the three women pilots profiled her, there is a certain sense of camaraderies, but above all, they're professional pilots doing what they love - flying guests.

### First Officer Chazmin Peters

CHAZMIN "CHAZ" PETERS now directs the camp that once gave her career direction. She stands at the front of a class at Eagles Aviation Camp, a program in Seattle that helps middle and high school students from populations underrepresented in aviation learn about the field. The camp was founded 22 years ago by Peters' stepfather, Millison Fambles, a 25-year Alaska pilot, who also still participates.

Peters sets an example of someone who, through hard work has learned to excel. She also knows that, as a member of the Squaxin Island /Tribe of South Puget sound, with a Native American father, an Asian American mother and an African American stepfather, she can be a role model for underrepresented groups.

At the camp, participants get to fly in a small plane, try a flight simulator and visit the Museum of Flight, south of Seattle. The goal of the class, however, is to encourage students to plan ahead for whatever future they may desire.

Peters says she was an unmotivated student who didn't have a plan when she first attended the camp as a middle schooler in the 1990s. Despite her stepfather's job, she says, she "wasn't that kid in the bomber jacket who grew up with an affinity for aviation."

After her early camp experiences, Peters decided to seriously consider being an airplane pilot, a decision that gave her a reason to improve academically. "I made a declaration that I was going to try hard and focus . . . and I did," she says.

Peters believes hard work and careful tendencies help her do her job. "I'm a rule follower and a planner - not a big risk-taker," she says. "I want to do everything that will make things more safe."



Raised in a small community near Olympia, Washington, Peters earned an associates degree from Big Bend Community College, in Moses Lake, while gaining flight hours necessary for a commercial pilot rating. She then returned to Olympia to be a flight instructor with Glacier Aviation. She also earned a bachelors in Urban Studies from the University of Washington, Tacoma. In 2006, Peters took a job with Massachusetts-based Cape Air, and five years later, she moved to Portland, Oregon, to fly for SkyWest Airlines.

In 2014, Peters was hired at Alaska. Soon after, she was First Officer on a flight captained by her stepfather - a proud, defining moment for her entire family.

Since her hire, Peters has also made her work family proud. "What she does in the community and the way she represents Alaska Airlines - we're very fortunate to have her," says Carlos Zendejas, who was her supervising Base Chief Pilot.

As Peters sees it, she is part of a larger community of Alaska pilots and other employees doing good works. This is one of the reasons she was intent on working at the airline. "Alaska cares about the community, our camps and a lot of other programs," she says. "that matters to me."





*Alaskan Airlines photos by Ingrid Barrentine*

In addition to running the camp, Peters volunteers for the Seattle Solo light Academy, helping underprivileged students gain training and flight experience. In May, she taught a seminar for Aviation Day, an annual event that aims to inspire Puget Sound-area youths. And she participates in events geared toward encouraging women in aviation.

Peters received help along the way and aims to pay it forward. "Sharing our stories, and saying you can be whatever you want to be, is important," she says.

She sees many possibilities for her own career, including working in Alaska's training department: "Eventually, I'd love to have a group of pilots who say, 'she helped me get my job; she got me started in aviation.'"

- Ben Raker

### **Chazmin in 2020**

Chazmin flies out of Seattle to destinations throughout the United States, Canada, Mexico and Costa Rica. On a typical work week, she is gone two to three nights a week. She may have a layover in Honolulu, for example, for 18-24 hours, then fly on to San Diego or Boston, have another layover and then head back home to Seattle. Then she will be off for two or three days. "Every week is different, she said. "Its nice to have variety."

When asked about her most memorable flights, she quickly began to reminisce about southeast Alaska.. "It is so rich in native culture . . . so beautiful.



*Chazmin Peters and Shannon Cooper*

The airports are close together, so you get to fly a little differently . . . more free style. Its very dynamic."

The Eagles Aviation Camp is temporarily on hold this year so volunteers would have a chance to step back and get a new perspective. "If you keep doing something over and over, then you have to question whether you are having the affect that you want. Times are different. We want to be able connect with kids in the most affective manner."

But Chaz is quick to say there are plenty of opportunities for young people who are interested in aviation. It's expensive, yes, BUT . . . there are lots of scholarships and organizations that provide money. "If someone truly has the drive to do it, they will figure it out. Don't be too afraid of loans. Its an investment in your own future. Go to a small airport in your area. Shelton has a good flight school. It will cost you about \$50-100 to see if you actually like it."

Chaz even offers her own assistance. "Feel free to contact me," she said. You can call or text at (360) 789-0814 or email her at [chazkpeters@gmail.com](mailto:chazkpeters@gmail.com).

One of Chaz's top priorities is maintaining her connection with the Squaxin Island Tribe, her family. She has volunteered at First Salmon every year for as long as any of us can remember. This June, due to Covid-19, she had a two-month leave from the airline, so she spent her free time volunteering at the Squaxin Island Community Garden.





"I was really looking for a way to connect more with the community. I was so happy hanging out there in the Kamilche Valley. It felt so good to be back where I grew up and where my dad (Jim Peters) worked for Natural Resources and Lisa worked at Island Enterprises (where the casino and KTP are now). I am hoping when my schedule settles down and is not so erratic, I can spend more time out there."

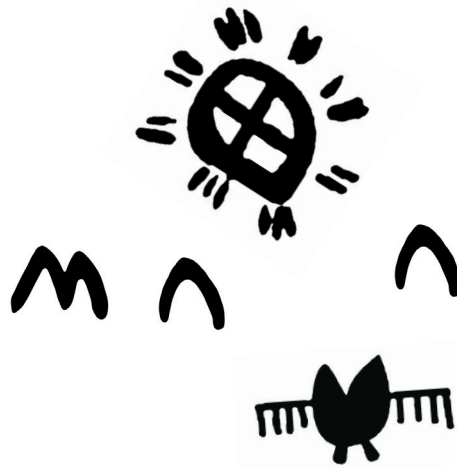
Chaz bought a house in Tacoma in October and has a small container garden that she filled with starts from the Squaxin Island Community Garden, mostly tomatoes and strawberries. "I learned a lot from the garden. I also learned from watching YouTube videos. Mostly I learned its (gardening) not a perfect thing. Its something you can't control completely. Things happen . . . fertilization . . . bugs. Plants cant tell you what's wrong. Working at the garden, I learned its not just me struggling. Its a life lesson for sure."

When asked what she would like to say to the tribal community, she said, "Learn and challenge yourself. That is really important! Things can get uncomfortable. Working through that is the path to success. Have courage to continue on. I am just a really shy girl from Steamboat Island Road. All I had was enough courage to continue on when I made mistakes and wasn't the best at things. I was not ashamed by it. I did care what people thought. I always do. I just had to push that aside and keep going. And you can too."

Further explaining her path to becoming a pilot, Chaz said, "I took my first small airplane ride when I was 13. I started flight training in 2001 when I was 18 years old at Big Bend Community College in Moses Lake. I became a flight instructor in 2004 and got my first airline job at a small airline in New

England in 2007. I've been at Alaska for 6 years now.

Being First Officer, Chaz explained, is the same as being a co-pilot. "As a First Officer, I'm trained to fly the 737. The Captain is the pilot in charge. Before every flight, we assess the weather, route, and weight and balance of the aircraft, and any other potential threats we might have for that flight. One pilot will fly and the other pilot will talk on the radios. One day, when the time is right, I'll upgrade to Captain."



## ORGANIC PRODUCE

At the Garden

Thursday's

3:30 pm - 5:30 pm

August- October



Swing by the Garden Office to pickup Farm Fresh Produce. Tables will be set up with masks, gloves, hand sanitizer, and at least one Garden Technician to help minimize contact while bagging produce. Produce will be available until 5:30 or when product runs out.

Be Well, The Squaxin Garden Crew



*Chazmin Peters and Shannon Cooper at the Squaxin Island Community Garden*





## Summer Rec Employees



### **Dana Rindishacher**

Hi! I've been hired as a Summer Rec Program Assistant. I have been married for one year and have a dog that is a chihuahua and dachshund mix and is eight years old. I am most excited about getting to know and work with some awesome people, especially the kids in my group. I look forward getting to know you all this summer.



### **Rachel Plentywolf**

Hi! I've been hired as a Summer Rec Program Assistant. I'm a member of the Oglala Lakota Nation. I'm a recent college graduate who is looking to work with tribal communities. My B.A. is in Indigenous Studies of the Pacific. I'm excited to work with other tribal communities. I love youth education and development. I'm so excited to continue to grow and I'm so thankful for this opportunity. Wopila (Thank you).



### **Trisha Blueback**

Hi! I've been hired as the Summer Rec Program Cook's Assistant. I come from the Blueback family and I have three wonderful children. I'm excited to be able to prepare food that will be given to the children in Summer Rec. I have done it once before in 2018 and it's something that I love to do. I'm also excited to work with the team this year. I look forward to working with the Summer Rec Program and things will continue to learn throughout the summer. Thank you.



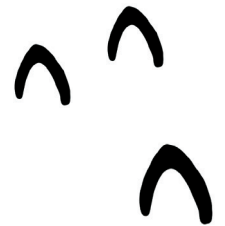
### **Carolina Silva**

Hi! I've been hired as a Summer Rec Program Assistant. My family is myself, my mom and dad, and two brothers; I'm the middle child! Since my family moved in 2009 to WA, I've missed my extended family so I love to build community and I value my friendships more. I am happy to help families in this time of isolation and change. I want kids to have a break from that and I hope we, as a team, can carry some sort of tradition back. I'm excited to learn from the kids and the Summer Rec team.



### **Ashley Dolge**

Hi! I've been hired as a Summer Rec Program Activities Assistant. This will be my fourth summer working with the youth. I'm looking forward to spending another summer with the youth.



### **Sara Zagrean**

Hi! I've been hired as a Summer Rec Program Assistant. I have a big amazing family! I have 10 siblings and it's the best. I worked at LCCR hotel for a few years, then got into caregiving. I'm excited to interact with all the youngsters : ) I look forward to being a part of a fun and educational summer for the community's youth.



### **Matt Hawk**

Hello, My name is Matt Hawk, I am a Suquamish Tribal member. I am honored to be here and to work with the youth. I have spent a few years mentoring and working with youth all over during my time with Real Native Fitness. I'm excited to get to know everyone and to see what lies ahead.



### **Kiana Henry**

Hi! I've been hired as a Summer Rec Program Assistant. My mom and dad are Margaret and Vincent Henry and this would have been my third year at the daycare. I'm excited about getting out of my comfort zone.



### **Laura Snyder**

Hi! I will be working as a Summer Rec Program Assistant. My mom is Esther Fox and my dad is Mark Snyder. What I'm most excited about is working with a new group of children and meeting new team members. I look forward to working with Summer Rec this year.

### **Alea Tisho**

Hi! I've been hired as a Summer Rec Program Assistant. I just recently moved from Cherokee, NC to Olympia. In Cherokee, I was the Tribal Council Assistant for the Eastern Band of Cherokee Indians. I have three younger siblings, a nephew and two nieces. The team seems like they're going to be fun to be around and work with. I'm most excited to work with the children and teach them how to have fun and build personalities. I just want to thank Squaxin Island Tribe for giving me the opportunity to work among them with their young generation. I look forward to what's to come.





## Summer Youth Employees

### **Tyrone Seymour**

Hi! I've been hired to work in Maintenance. I'm from the Krise and Seymour families. My dad is Tyrone Seymour and my mom is Kasia Seymour. I go to Penn Foster High School online. I just completed 10th grade. I hope to see you around.

### **Kennedy Raham**

Hi! I've been hired to work in Summer Rec. My parents are Janita and Jermaine Raham. I just completed 11th grade at Sheridan High School. I am looking forward to working in the Summer Rec program.

### **Loreta Krise**

Hi! My position is in the Little Creek Casino Resort gift shop. I come from the Krise family and my parents are Rodney Krise and Ginney-Mae Berumen. I just finished 11th grade at Shelton High School. I hope to see you around.

### **Holly Whitener**

Hi! I was hired to be an Activities Assistant for Summer Rec this year. I was born and raised in Kamilche. My mom is Fay Parker and my dad is Donald Lynn Whitener. I was working at Squaxin Child Development Center, but I am excited to work at Summer Rec this year. I am looking forward to meeting and having fun with the Summer Rec kids.

### **Jayden Holden**

Hi! I've been hired to work for Salish Seafoods. My mom is Jennifer Reboin. I just completed 10th grade. I hope to work with you soon.

### **Sophia Pinon**

Hi! I am working at Guest Services at LCCR. I come from the Henry/Cooper families. My parents are Susan and Patrick LaClair. I go to Shelton High School and I finished my sophomore year. I am thankful for this opportunity and I look forward to working with you!

### **Jordan Lopeman-Johns**

Hi! I've been hired to work in Summer Rec. I am also a clam digger. I am excited to just have a responsibility for waking up.

### **Seth Thomas**

Hi! I've been hired to work as a Cultural Apprentice. I am from the Bagley and Krise families. My mother is Raven Thomas. I am looking forward to booting this summer.

### **Anthony Johns**

Hi! I've been hired to work in Summer Rec. I am part of the Johns family and my father was Jeremiah Johns. I am going into 11th grade at Shelton High School. I am looking forward to working with my Tribe, so see you soon.

### **Giovanni Solano**

Hi! I've been hired as a KTP Stocker. I am from the Cooper and Henry families. My parents are Jessica and Marco Solano. I went to school at Gravity High School and finished with my GED. I look forward to working at KTP

### **Sara Naranjo-Johns**

Hi! I have been hired in the Summer Rec program as a Cooking Assistant. The department is the Tu Ha' Buts Learning Center. Last summer I worked here as well, but as the Programs Assistant working with the kids. I am a part of the Johns family. My mom is Rachel Naranjo Johns and my dad is Ernesto Naranjo. I am excited to be working in the kitchen and doing what I love, while also seeing the kids again this summer (as well as the staff.) I look forward to working with you!

### **Jazmyn Snyder**

Hi! I've been hired as an HR Clerk for Little Creek Casino Resort. My parents are Amber Gomez Snyder and Jesse Thomas. I'm from the Bagley and Krise families. I just finished 11th grade at Capital High School. I look forward to the experience and learning new job techniques. I look forward to working and seeing you around.

### **Cleveland Johns**

Hi! I've been hired to work in Maintenance. I am from the Bagley family. My parents are Jay and Janita Raham. I just completed 10th grade at Capital High School. I look forward to working with you this summer.

### **Mary Jane Monahan**

Hi! I've been hired to work for Salish Seafoods. I am four generations from my great-great-grandmother, Lucy Sherwood from Squaxin Island Tribe. My parents are Lalena Amiotte and Donald Monahan. I go to school at Shelton High School and just finished 10th grade. I am really excited to work for our Tribe this summer. I look forward to meeting new people and gaining job skills for my future.

### **Kaleb Krise**

Hi! I've been hired to work in housing. I am from the Krise family. My mom is Santana Krise and my dad is Shawn O'Brien. I just finished 10th grade at Capital High School.

## Stepping Stones Mentor

### **Dominique McFarlane**

Hi! I'm working as a Stepping Stones Mentor. I am part of the Bagley/Henry/Krise families. My mother is Raven Thomas and my dad is Larry McFarlane, Jr. I am excited about working with the teens this summer : ).



### **Summer Rec Program Staff 2020**

L- R: Carolina Silva, Kenna Acosta, Kasia Seymour, Trisha Blueback, Laura Snyder, Ashley Dolge, Matt Hawk, Dana Rindishacher, Kiana Henry, Janita Raham, Jerilyn Vail, Rachel Plentywolf, and Sara Zagrean





# PARKS AND RECREATION



SQUAXIN ISLAND PARKS & REC

## This Summer

We've been creating At-Home Enrichment Kits for Youth Ages 5-12! Kits have been distributed on Thursday's & Friday's at our Four Mobile Meal Sites!



We made meals as part of Summer Food Program and offered Grab'n'Go Meals for Youth Ages 0-18 years!



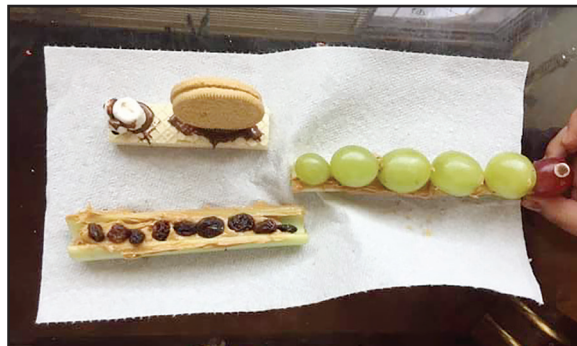
SQUAXIN ISLAND PARKS & REC

**PLEASE CHECK OUR FACEBOOK PAGE - SQUAXIN ISLAND PARKS AND RECREATION DEPARTMENT**

**WE POST UPDATES ON WHAT WE ARE OFFERING TO THE COMMUNITY!**

If you have questions - contact Janita @ 360-432-3869 or Jerilynn @ 360-432-3992

Natalia Loves her Bike rides or evening walks. She didn't want to use sprinkles or the egg wash so I helped her fold in the edges on her pop tart! Strawberry Icing was delicious... thank you Parks and Rec Staff for these Enrichment KITS



**Kenna Krise-Acosta** ▸ Squaxin Island Parks and Recreation Department

Jul 21 • 🌐

Enrichment Kit from Squaxin Island Parks and Rec! Thank you!!! Got me and my kids outta the house...

👍❤️ You and 4 others

1 Comment

👍 Like

💬 Comment

➦ Share



**Kenna Krise-Acosta** ▸ Squaxin Island Parks and Recreation Department

Jul 29 • 🌐

Natalia Loves her Bike rides or evening walks. She didn't want to use sprinkles or the egg wash so I helped her fold in the edges on her pop tart! Strawberry Icing was delicious... thank you Parks and Rec Staff for these Enrichment KITS

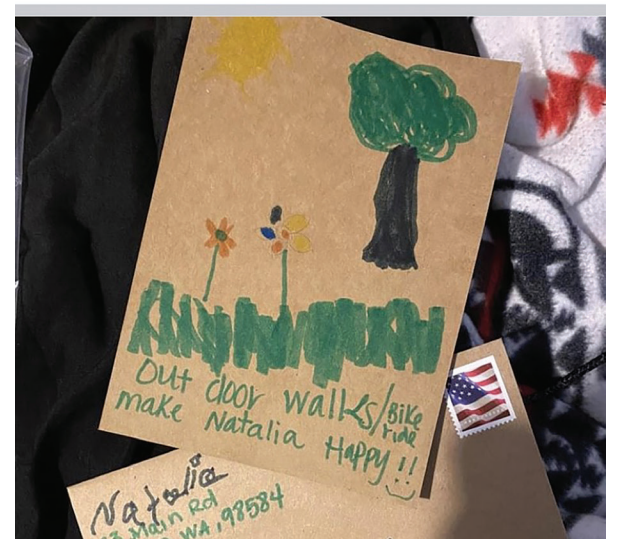
❤️ 4

2 Comments

👍 Like

💬 Comment

➦ Share







# PARKS AND RECREATION







The new school year is upon us, and with pandemic infection rates still a major concern, area school districts are planning to open with 100% distance learning. At the Tu Ha' Buts Learning Center, we are preparing to support students throughout the school year - with Phase 1 distance learning; with the hybrid, half-classroom/half-remote learning that many districts are considering for Phase 2; and the eventual return to 100% classroom instruction.

As this is being written in mid-August, we are still waiting for more details from the school districts on how their schedules for distance learning are going to work. When will teachers schedule virtual instruction? What curriculum will be used? When will district support services be available? As more information becomes available, we will be sharing details through the Tribe's website and Facebook page, the Tu Ha' Buts Learning Center Facebook page, and the Daily Scoop.

When schools announce their distance learning schedules, the Education Department will coordinate a schedule for individual and small group tutoring services at the Tu Ha' Buts Learning Center (TLC). We are also working on plans to provide remote tutoring services for those who don't have access to the TLC, or who prefer to remain safely at home.

## Higher Education Update

Mandy Valley - Welcome to all the new and returning Higher Education students. Fall quarter/semester is starting back up! If you haven't gotten your paperwork turned in yet, please do so ASAP or you could lose the opportunity to receive funds for fall. Paperwork for fall quarter was due August 21st, but I can still work with students who are planning to attend fall quarter. However, paperwork will need to be turned in right away in order for it to be processed in time by the college.

Turning in your required documents early makes the process easier and smoother for everyone involved. If you have any questions, need a Higher Education packet, or need assistance filling it out, please give me a call at (360) 432-3882 or send me an email to [mvalley@squaxin.us](mailto:mvalley@squaxin.us). I will be more than happy to assist you.

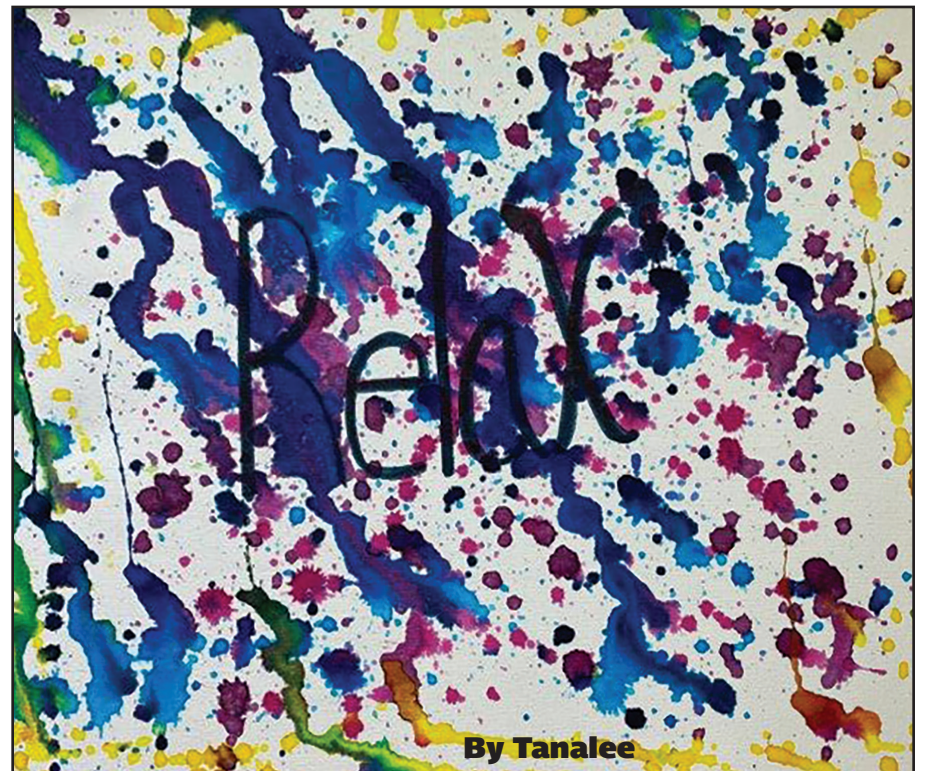
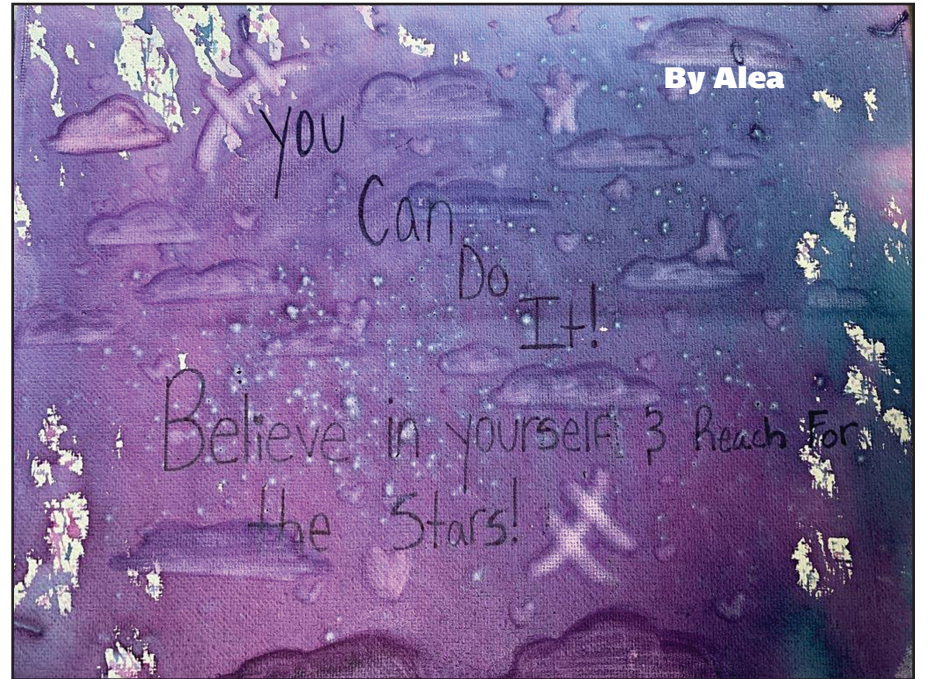
## Teen Program News

Jaimie Cruz - The Squaxin Teen Program was able to work with the Stepping Stones Program over the course of four weeks. It was amazing to see all the youth participate in the language and art activities that were planned for them. The youth were able to introduce themselves in the language and learned simple commands.

The youth who live on the reservation and have had contact with the Squaxin Teen Advocate received boxes of supplies to keep them busy. Many teens painted a positive or inspiring image or message on canvas - some of them are on the right side of this page.

### ***Other things to keep in mind for September:***

- Zoom meetings for the Teen Program will start back up.
- Youth Council meetings will be on Thursdays at 5:00 p.m.
- Book Club for younger teens will be on Wednesdays starting at 5:00 p.m.
- "Taco Bout It" returns on Tuesday's at 4:00 p.m.
- The older teen Book Club will be Monday's at 5:00 p.m. To get the codes and password, or for any other questions, comments, or concerns about the Teen Program, call me at 360-742-6527, or email me at [jcruz@squaxin.us](mailto:jcruz@squaxin.us).







## Graduation Parade

*Photos by Margaret Henry and Jaimie Cruz*



*Brandon Beltran Mesplie*



*Kiana Henry*



*Lyssa Wier*



*Twana Machado*



*Raymond Castro*



*Nicole Rowell*



*Lilly Sigo*



*Jayde Smith*



*Ashleigh Ramage*



*Proud friends and family, Council Member Vince Henry, Malia Henry, and Margaret Henry*







## Skookum Shootout Golf Tournament, August 10th

**Skookum Construction and the Squaxin Island Youth Council in partnership with Olympic College**

All proceeds benefited the Olympic College Construction Trades program scholarship and the Squaxin Island Youth Council



This year's tournament was a great success! We look forward to granting a scholarship for the Olympic College Construction Trades program to one of our community's young adults. In addition, the Squaxin Island Youth Council has begun planning their community and leadership events with the proceeds they will receive from the tournament. On behalf of Skookum Construction and the Squaxin Island Tribal Youth Council, thank you all for your support and participation! We could not have done this without you.

A big thank you to Laura and Chris at Salish Cliffs Golf Course for all your hard work planning and implementing our tournament. Salish Cliffs is a beautiful course and your hospitality is greatly appreciated.

### **Congratulations to our tournament winners!**

1st place: Puget Sound Specialties  
2nd place: Squaxin Island Tribal Council  
3rd place: Brown and Brown Seattle

### **Results can be viewed by following this link:**

<https://www.golfgenius.com/pages/6601418238138041641>.

### **Mark your calendars**

Our next tournament is scheduled for August 16th, 2021. We will start planning in the spring so, if you are interested in registering and/or being a sponsor, please contact us to be added to our list.

Thank you all again for a successful event and we hope to see you next year!

Best Regards,

Amanda Hernandez  
Skookum Construction  
[amanda@skookumconstruction.com](mailto:amanda@skookumconstruction.com)







## Systematic Racism

Aug. 13, 2020 – Kris Peters, Chair, Squaxin Island Tribe - Over three months has passed since George Floyd, an African American man, was murdered on May 25, 2020. He was murdered by a police officer by the name of Derek Chauvin. I, like most others, was shocked and upset when this occurred. I feel hurt and am deeply saddened by Mr. Floyd's death and saddened for his family.

As time passes, it is easy for many of us with privilege to move on. As a former police officer and police chief and now a current leader in Indian country, I want to help lead the charge for reform to overcome systemic racism. And I want our tribal members and community to know, those who have African American descent, that we support you and your life matters.

I have profound respect and love for all of our first responders. I feel fortunate that we, at Squaxin, have a system in place to ensure we are hiring good people, first and foremost. I know each and every person within our Public Safety and Justice Department and know, firsthand, that they are well trained professionals who care about our people and our wellbeing. It will be our mission to continue that.

Our nation must work for real reform. I believe many of these systems, like criminal justice, our education system, housing systems, financial institutions, and even issues like the Dakota access pipeline, highlight the inequality that exists, is prevalent, and is even supported by the elite within our government structures. The elite will continue to make decisions for our society with the intent of expanding their advantage with no empathy or care about the negative impacts that may happen to everyday people like us, especially to people of color.

I think we, as indigenous people, have a real opportunity, if not obligation, to get involved. We have seen our share of racism, inequality and bias against our people. And we, as sovereigns, have a unique political and economic advantage and power to help enact change at both the state and federal levels. We, as people of color, must stand together. I am happy to see that the National Congress of American Indians (NCAI) made a statement to the federal government with a stance on supporting African American communities and asking for criminal justice reform. The key is to keep the pressure on.

As the Chair of the Squaxin Island Tribe, I will be messaging our politicians that we want criminal justice reform and that we stand with our brothers and sisters of African American descent.

If any of you are interested in some reading material to learn more about the history of systemic racism and how the government has played a role in the racial and economic divide, I would suggest you read these two books. "The New Jim Crow" and "The Color of Wealth." These will show you how the U.S. government is directly culpable for what we are dealing with today. A wonderful book that discusses racialized trauma and theories on healing is titled, "My Grandmother's Hands."

Reach out to me if you would like to discuss these issues further, discuss these books or other literature on this subject, or would like to borrow one of these books. Reach out if you have a different opinion, perspective, or thoughts on this.

Thank you...

## 2020 - A Record Year For Squaxin Island Treaty Oyster Harvests

Rana Brown-Lewis - In recent years the Natural Resources department has been working to develop an intertidal oyster program to promote harvesting of the treaty share of naturally occurring Pacific oysters in southern Puget Sound.

Historically, in Squaxin Island Tribe's treaty shellfishing areas, Pacific oysters did not naturally recruit in large (or commercial) numbers, although infrequently we would see sporadic small sets on the dikes in Oakland Bay.

Between 2015 – 2016 Natural Resources Shellfish Biologists began noticing large quantities of naturally recruited Pacific oysters throughout many areas of southern Puget Sound on several of the state and private beaches they manage and survey for clams. Natural Resources saw this as a potential new opportunity for tribal shellfish harvesters. We began developing a program to enable tribal harvesters to exercise their treaty rights for these naturally occurring oysters, and soon thereafter tribal members conducted the first treaty-based oyster pick on privately owned tidelands in Hammersley Inlet.

Natural Resources works with many entities to carry out tribal oyster picks. Each year a plan is developed with WA State Department of Health to ensure harvesting can be done safely. Coordination occurs with many parties including state managers, growers, and private landowners to harvest on both state- and privately-owned tidelands in a variety of management types.

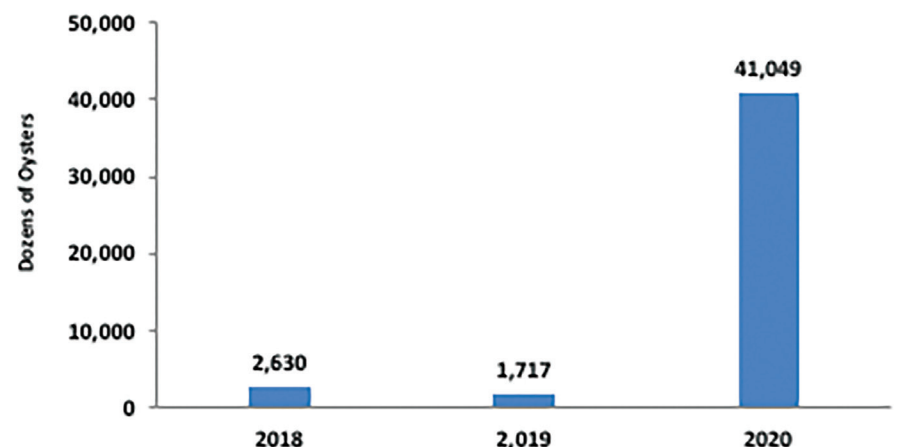
Oyster picks are coordinated with Salish Seafoods as the primary buyer. Despite the COVID-19 pandemic, these efforts have led to a very successful year with over 41,000 dozen oysters harvested since January 1st (See chart below). This was the product of over 250 harvesting opportunities, which is a significant increase from previous years. More oyster harvests are anticipated this year.

This record harvest is directly related to the natural recruitment event we observed in 2015-2016. Many factors may have influenced that event, including increased water temperatures, weather patterns, and spawning timing and survival. It is uncertain at what scale Pacific oysters will continue to reproduce in southern Puget Sound.

NR continues to conduct periodic oyster population assessments on beaches targeted for harvesting.

Anecdotal observations indicate that some annual recruitment continues – although not on the scale observed in 2015-2016. This means that predicting future oyster populations and harvests in future years is difficult due to the variability inherent in their life cycle. Regardless, Natural Resources will continue to seek out these opportunities in the hopes of continuing to increase and diversify intertidal shellfish resources for current and future tribal harvesters.

**LAST THREE YEARS OF TREATY OYSTER HARVEST - TO DATE**







## What does a 'Healthy Relationship Look Like?'

Submitted by Gloria Hill - Healthy, functional relationships have these characteristics. They shouldn't be optional. And when they are missing, it's important to address the problem.

### 1) TRUST

Trust is arguably among the most important relationship characteristics. Without trust, there is the lack of a solid foundation on which to build emotional intimacy, and your potential for hurt - over and over again - grows even bigger. Without trust, you will be left constantly unsure of whether you can count on your partner to come through for you, and whether or not they really mean what they are saying. There are many ways to build and rebuild trust within a relationship, but if you are not on the path of doing so, your relationship is quite vulnerable to stress and uncertainty.

### 2) COMMUNICATION

Communicating honestly and respectfully, especially about things that are difficult, is something that does not come automatically to everyone. We may have learned to keep uncomfortable things under the surface for the sake of harmony or appearance of perfection, or we also may have never even learned how to acknowledge difficult feelings to ourselves. Other challenges involve escalating a conflict into a full-out war: lacking the ability to not take things over-personally or lashing out when we feel threatened. It's okay if you have these tendencies: what's important is that you work on them, as strong and healthy communication is the lifeblood that nourishes good relationships.

### 3) PATIENCE

No one can be perfectly patient all the time, and factors like lack of sleep, stress, or physical health problems will make you more easily agitated at various points in your life-that's part of being human. But partners in a healthy, loving relationship extend each other a basic common denominator of patience that allows for peace, flexibility, and support when one person is having a bad day or is not at their best. When partners are chronically impatient with each other, they often create a dynamic of bean-counting and resentment, where they are mentally racking up the "offenses" that the other partner has committed. Being able to adjust to the ebbs and flows of a partner's moods in day-to-day life - within reason - can instead allow a feeling of being loved unconditionally.

### 4) EMPATHY

Being willing to consider another person's perspective is helpful in so many cases - whether in parenting, being a good neighbor, or even just letting someone merge in front of you on the highway. But it is arguably most important with the person you've chosen as a partner. Can you truly put forth the effort to try to understand their perspective, even when you disagree with it? Does their pain spur you to try to help them feel better? Do you feel happy about their triumphs? Empathy is crucial for long term love.

### 5) AFFECTION and INTEREST

It likely goes without saying that love should be a part of any healthy, committed romantic relationship - in fact, I didn't bother to put that on the main list. But more subtle than love is the expression of that love in the form of affection and also a genuine interest - a liking of each other. Small physical gestures of affection, like hugs, kisses and comforting touch, can go a long way to keeping each person feeling comforted and secure within their relationship. There is no

one 'right' amount of physical affection within a relationship - as long as both partners feel comfortable with how their needs match up. The same is true of physical intimacy. As for the 'like' factor, this goes further than love - it means that you are truly interested in each other and fond of each other, and that you are together out of attraction rather than obligation.

### 6) FLEXIBILITY

You've heard it before - relationships take compromise. And while some things don't allow for a perfect scenario on that front, the key component that makes for good compromise is important no matter what: flexibility. It's important that both partners show flexibility in day-to-day life and decision-making, because if it is just one partner always doing the bending, that imbalance can grow toxic over time. In healthy relationships, both partners are willing to adjust as needed to the changes and growth - positive and negative - that may come about during a long-term relationship. And they are able to evaluate on a joint level, especially during conflicts, what matters most to each person within the relationship, and how that should be prioritized. Two partners who are never willing to bend to meet the other will be on separate paths altogether before long - a far cry from truly sharing a life together.

### 7) APPRECIATION

The research about the importance of gratitude within relationships is striking; it makes us feel happier and more secure with our partner. And the more that we feel that gratitude, the more we feel appreciated for who we are within our relationship, and the more it improves the relationship's well-being. Even small expressions of gratitude and appreciation can help improve relationship satisfaction. So, the next time you think it doesn't matter whether you say 'thank you' for something your partner did, think again. And perhaps consider the negative feelings all of us tend to have when we notice a lack of appreciation over time.

### 8) ROOM FOR GROWTH

Relationships grow stale, not just because a certain amount of time has elapsed, but because people feel stuck and unable to progress, either as individuals or as a couple. It is unrealistic - and downright unhealthy - to expect that two people will remain the exact same across months, years or decades of a relationship. Hopes, fears, goals and interests constantly evolve, and that is a very good thing. A relationship doesn't have to end, or even suffer, because of this as long as both people allow each other the space to grow by not pigeonholing each other into their younger selves, by trying to take an interest in learning what's important to the other person, and by not setting expectations that are inflexible.

### 9) RESPECT

We often associate the concept of respect with people or concepts that are not intimate with each other: respecting one's elders, respecting symbols of religious faith, or respecting authority. But respect is every bit as important within a close partnership, if not more so. In healthy relationships, people talk to each other in ways that don't debase, invalidate, or belittle. They value each other's time and opinions like they value their own. They protect each other's privacy and don't use each other as the butt of jokes or as hired help to constantly clean up the home or make a thankless dinner. When respect begins to erode within a relationship, it is a long and painstaking road to build back - the damage is far easier to do than undo.





## 10) RECIPROCITY

In healthy relationships, the tallying that early relationships show (He picked me up at the airport last week, so I owe him a favor) fades into the background as a new, trusting equilibrium takes its place - you both just generally do for each other when needed. In an ideal situation, the give-and-take roughly works out to equal over time, and neither partner feels resentful. Of course, in many relationships, the give-and-take won't ever become equal (e.g. one partner needs long term medical care, is naturally a more happily nurturing person, or struggles with a psychological disorder) and that can be okay as long as both partners feel comfortable, overall, with the level of give-and-take as it exists, and they each find a way to give something to the relationship and their partners - especially in the form of emotional support.

## 11) HEALTHY CONFLICT RESOLUTION

Much research has pointed to the fact the way a couple argues - or doesn't - can predict a lot about their relationship's success. We tend to have rose-colored glasses about romance in American culture. We are willing to entertain conflict in the beginning, but once a couple rides off into the sunset together, we expect that things should be a-okay from then on out. Ironically, couples that hide their upset with one another in order to preserve the illusion of everything being perfect are probably far worse than the couples that express their emotions and work to resolve them as they come up, even when it causes conflict. In short, healthy relationships refrain from stonewalling and escalating into personal attacks when there is a difference of opinion or a problem. They are able to talk it through with respect, empathy, and understanding.

## 12) INDIVIDUALITY and BOUNDARIES

Two people who were exactly the same would probably not have much to talk about after a while; after all, they'd already know what the other's perspective would be, so why bother to listen to it? Of course, two people who are so different that they don't share each other's values or daily styles of living are bound to have too little in common to maintain an interest in each other, or be downright incompatible, disliking each other from the start.

The sweet spot is a relationship where the similarities create a foundation to connect with each other, but individual differences are still respected and valued. Moreover, it's important that each partner is given the freedom to still live their own life, especially in terms of friendships, professional goals, and hobbies. A strong, healthy relationship has adequate overlaps to keep the connection strong, but each person has aspects of their lives that are theirs alone, and that boundary is respected by both parties.

## 13) OPENNESS and HONESTY

Different partners have different levels of openness within their relationships - some might be horrified at leaving the bathroom door open, for instance, whereas others will discuss the most intimate of physical details with each other without giving it a second thought. So, too, is the case with openness about hopes dreams, and even the details of one's workday. But no matter where you fall on the spectrum of letting it all hang out, it's important that there is a solid match - and that honesty underlies whatever disclosures you do make. Partners who mask their true selves, hide their emotional realities, or actively deceive their partners about their habits and behaviors are jeopardizing the fundamental foundation of trust that every relationship needs.

- Andria Bonier, Ph.D



To contact a  
Squaxin Island  
Police Officer Call:  
**360-426-4441**

If it is an  
**EMERGENCY**  
CALL 911



Supplemental  
Nutrition  
Assistance  
Program

**Don't Forget.....**

**APPLY FOR PANDEMIC FOOD BENEFITS. (The Deadline to Apply is 9-11-20)**

**IF YOU HAVE CHILDREN IN YOUR HOUSEHOLD WHO RECEIVED  
FREE/REDUCED LUNCHES\* THIS PAST SCHOOL YEAR. YOU MIGHT BE  
ELIGIBLE FOR UP TO \$399.00 PER CHILD!!!!**

**\*All students at Hood Canal School receive Free/Reduced Lunches**

**\*\*\*\*\*Families who already receive food benefits and whose children were  
receiving "free or reduced" lunches do not need to apply. Your pandemic food  
benefit automatically deposited on existing ebt cards.\*\*\*\*\***

P-EBT applications are available on Washington Connections  
<https://www.washingtonconnection.org> or you can call your Tribal  
Outreach worker (Terri Butler) @ 360-701-3429 and she can process  
your application by phone.

**Due to the COVID – 19 outbreak DSHS has no in person  
services**

**Your DSHS Tribal Outreach worker, Terri Butler is now working from home but  
still available to help the Tribal Communities**

**You can still contact Terri Butler (Tribal Outreach Worker)  
@ [butletm@dshs.wa.gov](mailto:butletm@dshs.wa.gov) or call 360-701-3429,  
provide your contact information and she will call you back.**

**Or call the DSHS Customer Service Call Center  
@ 1-877-501-2233**





## Squaxin Island Tribe Sobriety Trees

Jennifer Johns - Squaxin Island Behavioral Health Outpatient Services would like to thank our counselors, staff, alumni, and community for coming together and planting the sobriety cedar trees. These trees were grafted from the original sacred sobriety tree that is located on the reservation.

The Sobriety Tree idea was created and planted in the late 1980's after the Northwest Tribes united to bring an inpatient treatment center to the northwest. Jerry Pemberton spearheaded the treatment center and taught us about sobriety and recognizing the importance of professional counseling, its necessity and continuance in a true recovery.

When you visit Behavioral Health Outpatient next time, take a moment to visit the newly planted sobriety cedar trees recognizing the importance of sobriety, in ourselves, and our community. As you make your way to the office, be welcomed by these trees and thank them for their resilience and strength, as they represent our connection with the Creator and marks our land with a statement, "Sobriety is important to the Squaxin Island Tribe."







## MY NATIVE PLATE

Fruit



**Use your plate as a guide to help you eat in a healthy way!**

1. Fill half of your plate with vegetables.
2. Fill the other half of your plate with a grain/starch and a protein.
3. Add a side of fruit.

**Pictured here:**

- Mixed berries
- Cooked spinach
- Baked squash with peppers and herbs
- Steamed wild rice
- Baked deer meat with sage
- Water

Take a picture with your cell phone. Look at the picture later as a reminder!



*Produced by:*

Indian Health Service, Division of  
Diabetes Treatment and Prevention.  
07/2018



Water



Grain/  
Starch



Vegetables



Protein



**Remember:**



Stay active



Drink water



Use a 9-inch plate

**Notes:**

\_\_\_\_\_

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\_\_\_\_\_

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## Covid-19 - Why Don't We Just Let Nature Take Its Course and Stop Fussing with Masking, Social Distancing, and All Those Other Pandemic Annoyances?

Kyle Ferguson, PhD (Clinical Psychologist) at the Clinic - With any virus, people are either (1) immune to it, (2) contagious, or (3) vulnerable (Or, in the current political environment, indifferent to it!). Most individuals who recover from COVID-19 (the disease caused by the novel coronavirus, SARS-CoV-2) develop antibodies. Antibodies – which are proteins in the blood – are produced by the immune system to beat back the coronavirus and, ideally, fend off future attacks.

Limited research suggests that individuals develop coronavirus antibodies within a few weeks after symptom onset (e.g., fever or chills; dry cough; shortness of breath; fatigue; body aches; new loss of taste or smell, etc.). Possibly, mothers, too, might transfer immunity to their offspring – though this is speculative at this time, as the virus has not been with us for very long to know with any degree of certainty. Moreover, the jury is still out on just how long immunity to the coronavirus lasts – whether it is 2 ½ months, 3 months, or longer. We simply do not know at the moment.

The more people who are immune to the virus, the less likely the virus will spread to vulnerable or susceptible individuals without immunity. Accordingly, there has to be a sufficient number of individuals who are immune to a virus to effectively break the chain of human-to-human spread. This is what scientists who study disease in populations (epidemiologists) call “herd immunity.”

The figure on the right illustrates the idea behind herd immunity. Clearly, the third population (3) – where most of its members are immune to the virus (thanks to the vaccine) – is the best scenario of the three. Contagious individuals are more likely to be among individuals with immunity, so the virus “burns” itself out because there are few opportunities for it to spread. Conversely, if you live in the first population (1) – where 0% of its members are immune – you and those around you are in big trouble! The contagion runs mercilessly through most of this population, as there are few interruptions in the chain of transmission. Unfortunately, as we shall soon see, our population looks more like (1) than (3) because the coronavirus is novel to humans (at least most humans). Moreover, we are a long way off from having a vaccine that is universally available to folks like you and me.

If you are like most people, you are probably experiencing pandemic fatigue about now. You like many are probably thinking: What if we just scrap masking, social distancing, excessive handwashing, etc., what's the worst that can happen? It can't be that bad. What if we just let the virus run its course until we reach herd immunity?

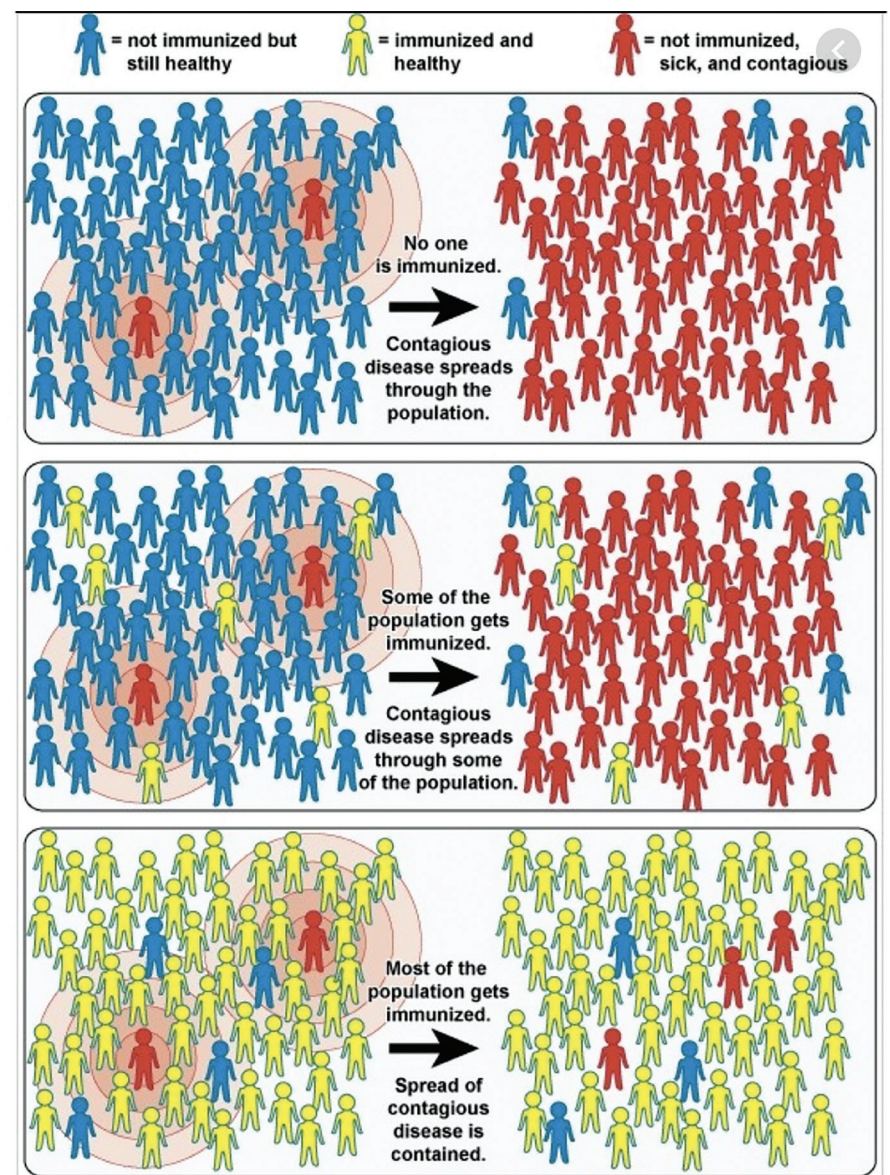
Sweden more or less tested the herd-immunity hypothesis. Sweden employed a “lock-down-lite” strategy while we in Washington state were in strict lockdown mode. Restaurants and stores remained open in the bustling streets of Stockholm, Gothenburg, and Uppsala, among others Swedish cities. Elementary and middle schools also remained open, while high schools and colleges were closed.

The thrust of this strategy, of course, explicitly or implicitly was to get younger, more healthy people infected in a fast track to achieving herd immunity. Accordingly, build up the immunity of a large swath of the population so if there is an outbreak, no worries, because you won't have enough vulnerable links of the chain for transmission to spread throughout the country. Meanwhile, elderly persons, among other vulnerable individuals who are otherwise immunocompromised (e.g., persons with diabetes, heart disease, cancer, etc.), stay indoors and limit contact with the outside world (i.e., until it is “safe” to come out).

Disease experts estimate that, to achieve herd immunity with the corona-

virus, between 50% and 70% of members of society must have immunity. With a population of about 10 million, there has only been a total of 78,048 positive cases in Sweden thus far (as of July 21, 2020). That's less than 1% of the population testing positive for the virus. Even if we factor in those individuals who aren't tested but are otherwise infected – liberally bumping that figure up to, say, 10% – it's still a long way off from 50% to 70% needed for herd immunity. In other words, the coronavirus will continue to spread among the Swedish population like a brushfire in 100-degree heat after a period of extended drought.

Sweden's coronavirus experiment was an abject failure. Compared to similar countries (Finland, Denmark, Norway), Sweden's economy has not fared any better. Accordingly, the sacrifice-our-elders-for-the-economy strategy simply didn't work out. More importantly, Sweden's dangerous experiment has had a devastating human toll. Needlessly, thousands of lives were sacrificed for a very bad idea. As the coronavirus spread unimpeded due to relatively lax policies, Swedes got infected at much higher rates. More infected people, naturally, also drove Sweden's mortality rates way up, as the graph below clearly depicts.



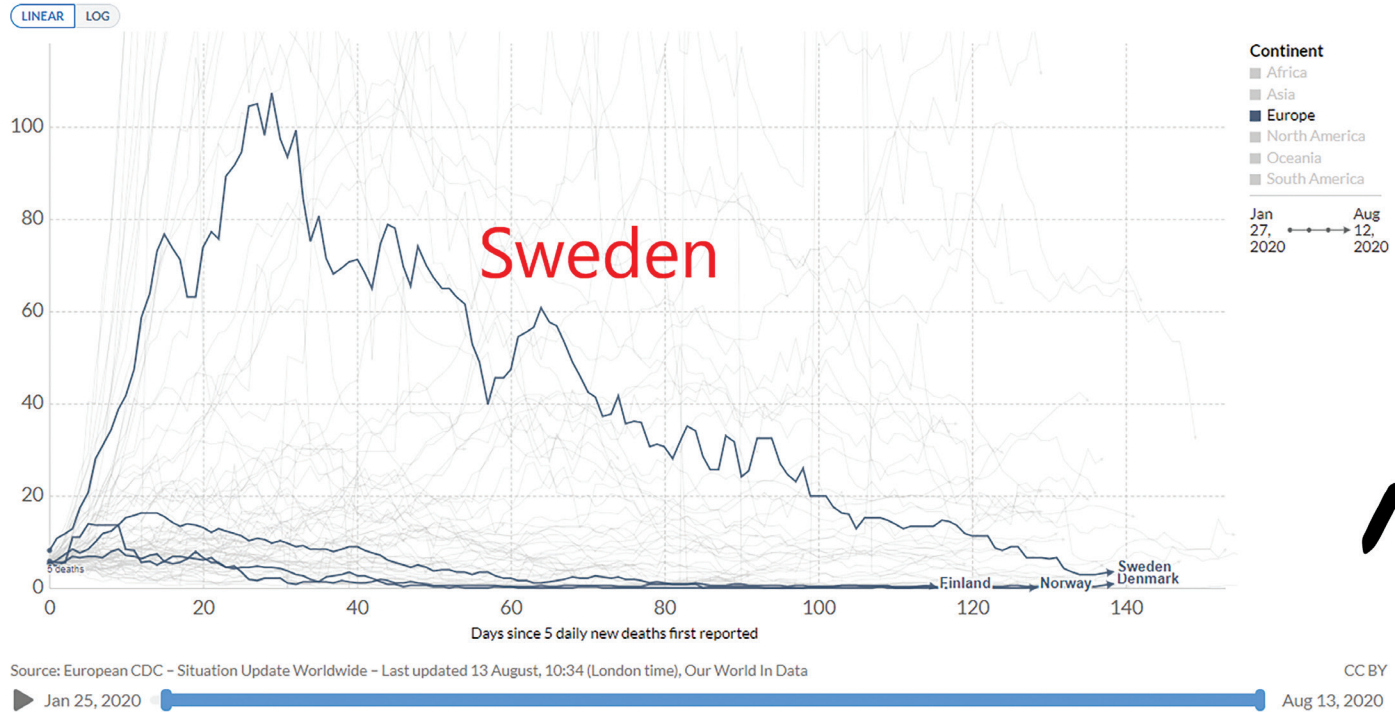
Credit: NIAID





## Daily new confirmed COVID-19 deaths

Shown is the rolling 7-day average. Limited testing and challenges in the attribution of the cause of death means that the number of confirmed deaths may not be an accurate count of the true number of deaths from COVID-19.



Sweden's death toll is now the 5th worst in the world, per capita. Adding insult to injury, Sweden is one of the wealthiest countries in the world with a superlative healthcare system.

In response to the opening question of this little article: Simply letting nature take its course in order to achieve herd immunity would be an utter disaster in this community, in this country. Even if we simply let children and younger healthy adults contract the disease, elders don't live in a bubble and many will surely get infected too. After all, the vast majority of COVID-19 deaths occur in persons over 65.

Let us learn from Sweden's colossal mistake in arrogantly not taking the coronavirus seriously enough. We ought to listen to the health experts. Don't be a lemming, thumbing your nose at health experts. Be the leader of the pack (or, rather, herd). (1) Mask when out in public. (2) Social (physical) Distance (>6 ft.). (3) Limit gatherings to no more than 10 people. (4) Avoid touching your T-Zone (nose, mouth, eyes). (5) Compulsively wash your hands – especially before handling a clean mask or touching your T-Zone. Lather, rinse, repeat... Stay safe! We will get through this if we all work together.

**COVID-19 is real.**  
Stay home,  
save lives.



## Keep Your Children Healthy: *Schedule well-child visits & keep up on immunizations!*



Clinics are finding creative ways to stay safe for appointments and immunizations during COVID-19. Call your child's provider for details.



Well-child visits help make sure babies, children and teens get the care they need to be and stay healthy.

Getting regular well-child check-ups help children and teens stay healthy by:

- Finding health problems early before they become serious.
- Preventing illness by making sure children get the right immunizations.



**Is your child due for a Well Check Visit or Immunizations?**  
Call your pediatrician to make an appt or discuss your options.

Pediatricians are working hard to make sure they can care for your child, while still keeping everyone safe.



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





## September is National Cholesterol Education Month

Submitted by Patty Suskin, Diabetes Coordinator

Children, young adults, and older Americans can have high cholesterol. Learn how to prevent high cholesterol and know what your cholesterol levels mean. High cholesterol puts you at risk for heart disease. Heart disease is the leading cause of death in the United States for both men and women. But you can do a lot to protect your heart and stay healthy.

***Living a heart-healthy lifestyle may help prevent unhealthy levels of blood cholesterol. This includes:***

- Choose Heart Healthy Foods
- Being Physically Active
- Aiming for a Healthy Weight
- Quitting Smoking
- Managing Stress
- Getting Enough Good Quality Sleep



Limiting how much alcohol you drink may also lower your risk of high blood cholesterol.

Source: [https://www.cdc.gov/cholesterol/cholesterol\\_education\\_month.htm](https://www.cdc.gov/cholesterol/cholesterol_education_month.htm)

Source: <https://www.nhlbi.nih.gov/health-topics/heart-healthy-living>



## Time to Visit or Re-visit Watershed Park Trail in Olympia

2500 HENDERSON BLVD

*A great trail, not too far from home, with tree canopy that keeps you cool on a hot day*

Submitted by Patty Suskin, Diabetes Coordinator

**What:** Watershed Park Trail has a beautiful rain forest canopy throughout. The trail is graveled or dirt, with some boardwalks. There are a few steep hills, but its mostly flat. This is not a place for strollers or wheelchairs.

**Where:** Olympia, near downtown

**Size:** 1.4 mile loop (currently marked to go in one direction due to COVID-19)

**Time:** About an hour

**Hours:** Dawn to Dusk

**How to get there:**

Take 101 South toward Olympia, then I-5 North. EXIT at the City Center (EXIT 105), taking the PORT OF OLYMPIA split. Take the roundabout as if you are making a LEFT turn (away from town) onto Henderson Blvd. You can see the small parking lot (almost a large shoulder) immediately on the LEFT, only one-tenth of a mile from the roundabout at the off-ramp.



*There is also another trailhead at Eastside & 22nd Avenue.*







## Elders Menu . . . Fruit and salad at every meal



**MONDAY 7:**  
Closed for Labor Day

**MONDAY 14:**  
Orange Chicken w/ Rice and Veggies

**MONDAY 21:**  
Lasagna Bake

**MONDAY 28:**  
Chicken Rice Bake

**TUESDAY 1:**  
Navy Bean Soup, Biscuits

**TUESDAY 8:**  
Tomato Soup, Grilled Cheese

**TUESDAY 15:**  
Taco Soup, Corn Bread

**TUESDAY 22:**  
Chicken w/ Rice Soup, Biscuits

**TUESDAY 29:**  
Minestrone Soup, Turkey Sandwiches

**WEDNESDAY 2:**  
Sausage Pasta Bake, Green Beans

**WEDNESDAY 9:**  
Chalupas

**WEDNESDAY 16:**  
Pork Lo Mein w/ Veggies

**WEDNESDAY 23:**  
Salmon, Red Potatoes

**WEDNESDAY 30:**  
Tatar Tot Casserole, Peas

**THURSDAY 3:**  
Chicken Strips, Tatar Tots

**THURSDAY 10:**  
Steak, Veggie Rice

**THURSDAY 17:**  
Meatball Subs, Chips

**THURSDAY 24:**  
Breaded Veil, Mashed Potatoes w/  
Gravy, Corn

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.

**COMMUNITY IS THE HEALER  
THAT BREAKS THE SILENCE**

NATIVE AMERICAN COMMUNITIES have always represented unity and strength. Today, we must continue this tradition and come together to help those in need. Suicide has become a serious problem in Indian Country, but suicide can be prevented.

If someone you know has threatened suicide, talked about wanting to die, appears depressed, sad or withdrawn, or shows changes in behavior, appearance or mood... You can help!

To help: Remember to stay calm and listen • Take all threats of suicide seriously • Don't swear secrecy • Contact a local health professional, counselor, healer or clergy member, the suicide lifeline, or a trusted adult.

To learn more visit: [www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org), [us.reachout.com](http://us.reachout.com), or call 1.800.273.TALK (8255)

**THRIVE**  
[www.npaihb.org](http://www.npaihb.org)





# September Happy Birthdays



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

2  
Jason Gabriel West

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

4  
Kathrine K. Neilsen  
Marty Joe Trinidad Jr.

5  
Latoya Jean Johns  
Mckenzie Brearley-Lorentz

6  
Elijah Joseph Krise  
James Vincent Youngs

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

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Barry Wayne Hagmann  
Charles Wesley Scheibel  
Justine Amber Mowitch  
William Dean Hagmann  
William M. Weythman

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Alexsii Grace Vigil  
Avary M Jimmie  
Joseph Stewart-Kinchler  
Kaleb Joseph William Lutolf  
Levi Lee Connally  
Lewis Robert Napoleon Jr.  
River Cooing Dove Guardipee

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Debra Leone Mattson  
Madison C.M. Mowrey  
Roger Joseph Peters

11  
Gunner Rodney Gouley  
Hazel Sesal Lehman  
Madeena M. Rivera

12  
Austin K. Brearley-Lorentz

13  
Anthony Joseph Ramirez III  
Kaitlyn Michelle Brandt  
Robert Thomas Farron

14  
Oakland Park Krise

15  
Florence A. Sigo  
Gracelyn June Wier  
Jonathan E. Harrell  
Kristen Michelle Davis

16  
Evelyn Rae Krise-Lyon  
Jamie Danielle Queen

17  
Carmen Marie Stearns  
Cassie Ann Colbert  
Kenedee K. Peters  
Markie Jean Smith

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

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

20  
Kayla Marie Johnson  
Terry Lee Brownfield

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

22  
Gloria Jean Hill  
Kim Monique Cowing  
Kiona Breeze Krise  
Michael N. Peters

23  
Amanda Rae Rodgers  
Angel Lorene Sen  
Chris T. Clementson  
Leslie Allen Cooper Jr.  
Mykah Jayson Masoner

24  
Donald Lynn Whitener  
Linda Lee Lake

25  
Joan Martha Rioux

26  
Barney Eugene Cooper  
Susan Jeanette McKenzie  
Vernon Patrick Kenyon  
27  
Dawne Marie Elam

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Donald James Smith  
Melissa Fay Maynard

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Avaiah Charlene Coley  
Isaiah Gaylen F. Schlottmann  
Kim Sherwood Kenyon





**South Puget Intertribal Planning Agency**



**USDA Foods Program  
September Dates**

**PT. GAMBLE S'KLALLAM 9/3/20**  
**SQUAXIN ISLAND 9/9/20**  
**CHEHALIS 9/15/20**  
**SKOKOMISH 9/18/20**  
**NISQUALLY 9/22/20**

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.







## What's Happening

### Produce Available at the Garden

Thursdays from 3:30 - 5:30

### Court

We are conducting Family Court on-line via zoom and Criminal/Civil Court is held in-person.

### September Court Dates:

FAMILY COURT: September 3  
CRIMINAL/CIVIL COURT: September 8



**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**



## 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.

Kris Peters  
Charlene Krise  
None per code  
Charlene Krise  
None per code  
Vicki Kruger  
Charlene Krise  
Kris Peters  
Kris Peters  
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  
Island Enterprises Board  
Museum Library and Research Center Board  
Skookum Creek Tobacco Board  
SPIPA Board of Directors

### Council Rep.

None per code  
Kris Peters  
Bev Hawks  
Vinny Henry  
Vicki Kruger

### Staff Rep.

Nathan Schreiner  
Dave Johns  
Charlene Krise  
Mike Araiza  
Marvin Campbell

### Meetings

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






**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, September 8**

**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.

# SKOOKUM CREEK TOBACCO

## FACTORY STORE

**Is open for business to**  
**TRIBAL MEMBERS ONLY**

**\$10.00 Discount on ALL Cigarettes**



**\*SPECIAL PRICE ON PREMIS HA 100'S**  
**\$25.00 PER CARTON (TAX INCLUDED)**

**Hours: Monday – Thursday 9 AM – 2 PM**

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THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT  
 YOUTH COURT  
 SQUAXIN ISLAND RESERVATION

IN RE: MG

Case No.: SQI-CW-2020-08-01

Indian Child

NOTICE OF FACT FINDING AND DISPOSITIONAL HEARINGS

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Lowella Gamber

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set Fact Finding and Dispositional Hearings in the above captioned matter. The hearing on this matter shall be held on October 1, 2020 at 1:00 p.m. at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

NOTICE OF HEARING – PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT  
 3711 SE OLD OLYMPIC HWY  
 SHELTON, WASHINGTON 98584  
 360.4362.1771

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THE HONORABLE ANITA ESTUPIÑAN NEAL

SQUAXIN ISLAND TRIBAL COURT  
 YOUTH COURT  
 SQUAXIN ISLAND RESERVATION

IN RE: LK

Case No.: SQI-CW-2020-07-5

Indian Child

NOTICE OF GUARDIANSHIP HEARING

THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Dionna King

YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court has set a Guardianship Hearing in the above captioned matter. The hearing on this matter shall be held on October 1, 2020 at 11:00 am at 10 SE Squaxin Lane, Shelton, Washington. FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN THE CHILD BEING PLACED IN A GUARDIANSHIP. File your written response with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

NOTICE OF HEARING – PAGE 1 OF 1

SQUAXIN ISLAND LEGAL DEPARTMENT  
 3711 SE OLD OLYMPIC HWY  
 SHELTON, WASHINGTON 98584  
 360.4362.1771