

Oath of Office

Newly Elected Tribal Council Members Andy Whitener (L) and Davey Whitener (R) took the Oath Of Office on August 27 administered by Cultural Resources Director Rhonda Foster. Kris Peters took his Oath of Office on July 29th.



The Peoples Oath

All New Tribal Council Members stand and do not take a seat until they have given their Oath.

Rhonda read the following oath . . . "You have been chosen by your Creator and people to serve as our honored leader. The thickness of your skin will be seven thicknesses for you will be proof against anger, offensive action, and criticism. With endless patience you shall carry out your duties, and your firmness shall be tempered with compassion for your people. Neither anger nor fear shall find lodgment in your mind or spirit, and all your words and actions shall be tempered with calm deliberation. In all your official acts, self-interest shall

be cast aside. You shall look and listen to the welfare of the whole people and have always in view, not only the present, but the coming generations in your heart." (From the 1720 Iroquois Confederation giving charge to the new leaders)

"Always remember first the Creator's loving kindness who will continue to bless us as long as we continue to lift Him up and give honor and thanks for all that He continues to provide to our people."



Child Care Development Center

Tribal Leadership was tasked with making the very tough decision of whether or not to open our child care center. We received nearly 50 comments from our community, from Facebook posts, FB messenger, emails, and phone calls. Thank you to everyone who took the time to send your thoughts on this very important decision.

Council decided to postpone opening the center at this time and to readdress the situation in a couple of months.

Unfortunately, we have recently learned of some emergent needs that must be addressed before allowing the building to be used safely. We have found some issues with the septic lines that need to be repaired, the playgrounds need to be completed and we have found issues with the roof (leaks). We will be bringing in someone to complete a thorough building inspection, create a funding plan, then see the work through.

During this time, we will revise and tighten up and finalize the Covid policies for the child care center and create a staffing and opening plan based on the feedback from the community and health officials as we follow the covid-19 developments. We will keep you all informed as we move forward. The health and safety of our children and families is of the utmost importance to all of us on Council.

Please reach out for any questions or concerns.

kpeters@squaxin.us

Water Rights Permit

Our water right permit from the Lynch Rd. well has been approved through the EPA! This is great news. We are currently at capacity in water availability from the Kamilche Valley Aquifer and we needed to acquire a new water source before we can grow economically and as a community. This new well will provide enough water to expand housing and expand business in Kamilche.

We will get to work immediately on engineering and design for creating a water line and all infrastructure to bring the water to us. This will take a little bit of time and work, but we are creating a plan to see this very important work through. We will keep you all in the loop as this process plays out.

- Tribal Council



Squaxin Island TRIBAL NEWS

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www.squaxinisoland.org

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

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

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

Submissions Deadline:
15th of each month

SQUAXIN ISLAND TRIBAL COUNCIL:

- KRIS PETERS: Chairman
- CHARLENE KRISE: Vice Chairman
- JEREMIE WALLS: Secretary
- VICKI KRUGER: Treasurer
- ANDY WHITENER: 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

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

Walking On



Jeff Peters

Jeffery James Peters passed away September 10th in Olympia.

He was born April 16, 1952, to William and Louise (Hoeft) Peters in Shelton. He also resided in Lebanon, Oregon, and Anchorage, Alaska.

Jeff graduated from Anchorage's West High School in 1970, married Paula Barnes on March 23, 1979, and was a Squaxin Island Tribal member.

He worked for Mt. McKinley Fence Company and Goodyear Tires in Anchorage. In 2013, after more than 20 years, he retired from the Squaxin Island Tribe as the Public Works Manager.

Jeff was a humble man, and was always willing to help anyone in need. He was known for his colorful sense of humor. He loved fishing, hunting, cooking, building various things in his shop, and spending time with his family.

Jeff was loved and respected by many. He had a love for all his family and friends and will be dearly missed.

He is survived by his wife, Paula J. Peters of Olympia; son, Steven Peters of Elma; daughters, Jolene Peters, Jaimie Whipple, and Jennifer Ognio, all of Shelton; nine grandchildren; two great-grandchildren; brother, Ray Peters of Fairbanks, Alaska; and sisters, Nora Coxwell of Olympia, BJ Peters of Olympia, Julie Goodwin of Olympia, and Colleen Merriman of Santa Fe, New Mexico. He was predeceased by his parents; and sisters Leslie Peters and Carrie Smith.

Please share memories at:
www.FuneralAlternatives.org



Lori Hoskins

The family of Lori M. Hoskins announces her peaceful passing on September 5th at her home in Olympia.

Lori was born in Olympia, June 1942, to Lovine and Violet Scheibel. Lori graduated from Olympia High School in 1961 and attended Capital Business School.

Lori leaves a son, Eric Schreiber; a brother, Charles Scheibel; and many family and friends.

She was preceded in death by her husband, Mark Hoskins; and beloved son, Brett Schreiber.

A celebration of life will be announced later. In lieu of flowers, please make a contribution to our local Joint Animal Services, 3120 Martin Way E, Olympia, WA 98506 (360) 352-2501.

Please leave memories at:
www.FuneralAlternatives.org





Earthquake Drill

Pam Hillstrom - The Earthquake ShakeOut drill is planned for October 15, 2020 (and the third Thursday of October each year).

I want to share my experience of a fire drill that we had last year that was instigated by my eight year-old grandson, Collin. He prepared for the drill during the day and finally the time arrived. His mother, Sheena, found a smoke alarm on her cell phone and set it off. Collin grabbed his backpack and I grabbed his youngest brother, Nathan, and we were out the door. Jacob decided not to participate. We went to our designated safe place. I mentioned that at this point in a real emergency, we would walk over to our neighbor's home and call 911. Much to my surprise, Collin whips out his paper cell phone and calls 911. He gave them his physical address. He then pulled out his paper fire extinguisher and was ready to go and put out the fire.



This was a great opportunity to remind him that, once we are out of a burning building, we never go back into it under any circumstances. When we returned to the house, his mother told the children that it was their job to get out of the house and stay out and it was her job to decide if she should attempt to put the fire out.

I was surprised and impressed how much thought my grandson put into this exercise.

With distance learning, it is a great opportunity to incorporate a drill. Discuss where you would meet outside of your home (safe place) in case of fire and where you would meet outside of your neighborhood in case you are separated during an earthquake and can't meet back at your home.

It is never too early to take emergency preparedness seriously.

Protecting Your Family During an Earthquake



Talk about earthquakes with your family so that everyone knows what to do in case of an earthquake. Discussing ahead of time helps reduce fear, particularly for younger children

- Check at your workplace and your children's schools and day care centers to learn about their earthquake emergency plans.
- Pick safe places in each room of your home, workplace and/or school. A safe place could be under a piece of furniture or against an interior wall away from windows, bookcases or tall furniture that could fall on you.
- Practice DROP, COVER and HOLD ON in each safe place.
- Make sure you have access to NOAA radio broadcasts.
 - Find an online NOAA radio station
 - Search for a NOAA radio app in the Apple Store or Google Play
- Purchase a battery-powered or hand-crank NOAA radio from the Red Cross store
- Keep a flashlight and low-heeled shoes by each person's bed.

More Earthquake Preparedness Information on Page 8

Dear Squaxin Island Elders ~

The Elders program staff would like to apologize for not announcing earlier that the Elders' monthly newsletter wouldn't be mailed out. As of now, with the Covid-19 phase we are in, the tribal center doesn't have its usual mailing system in place.

We have also widened our meal deliveries beyond homebound Elders and we have been focusing on this.

These are a couple of the factors that have impacted our choice to not send out a monthly newsletter.

We will be putting any announcements in the Daily Scoop, the Klah-Che-Min and on the Elder's Facebook page.

Just a reminder . . . our service area has not changed.

We hope this reaches everyone in good health and good spirits. We are hopeful things will settle down and we will be able to resume some of our regular activities. Until then, everyone is in our thoughts and we are wishing you well.

With appreciation,

- Squaxin Island Elders Program Staff



Follow the Seven Steps to Earthquake Safety to be prepared to survive and recover from the next damaging earthquake. More information for each step is available at EarthquakeCountry.org/sevensteps

Prepare		Step 1: Secure your space by identifying hazards and securing moveable items.	
		Step 2: Plan to be safe by creating a disaster plan and deciding how you will communicate in an emergency.	
		Step 3: Organize disaster supplies in convenient locations.	
		Step 4: Minimize financial hardship by organizing important documents, strengthening your property, and considering insurance.	
	Survive		Step 5: Drop, Cover and Hold On when the earth shakes.
			Step 6: Improve safety after earthquakes by evacuating if necessary, helping the injured, and preventing further injuries or damage.
	Recover		Step 7: Reconnect and Restore daily life by reconnecting with others, repairing damage, and rebuilding community.



PARKS AND RECREATION



Food Program

We have started the school year food program.

For us to better serve the families living on the reservation, please register each youth, ages 1-18, in each household.

Families who live in the Kamilche Valley can register for meals and pick them up at the Child Development Center.

If there are any days you do not need meals, parents will need to reach out Kasia or Jerilynn 24 hours in advance to cancel meals.

We provide breakfast and lunch daily.

We have guidelines we follow for each meal to ensure youth are receiving healthy meals Monday-Friday.



Squaxin Island Parks & Rec

BACK PACK GIVEAWAY

This year we distributed 170 back-packs over the course of two days from the Child Development Center

We want to give a Big Thank you to:

The Moore Wright Group:
They donated 160 School Kits

A Pierce County Wal-Mart:
They donated Essential School Supplies & Gave us a Discount on all items we purchased!





PARKS AND RECREATION





TACO 'BOUT IT WITH LAUREL



TUESDAY'S 4PM
Squaxin Teens join us to chat in a safe space with Laurel Wolff.

Contact Jaimie Cruz or Laurel Wolff
jcruz@squaxin.us or lwolff@squaxin.us



Tu Ha' Buts Learning Center

Get your Tutoring Appointment Today

Tutoring help available Monday through Friday, from 12:00 to 4:00 p.m., with morning appointments coming soon. **Please make an appointment with Redwolf at 360-432-3985.** Appointments will allow us to monitor that we maintain proper social distancing. Please bring your materials and a mask. A temperature check and health check is required to be in the Center.

You can also ask for virtual tutoring by contacting the tutor for your grade level:

For elementary grades, Lynice May is the Squaxin Tutor for Bordeaux Elementary. Please email Lynice at Lmay@squaxin.us.

For middle school and junior high, Lynn White can receive emails at Lwhite@squaxin.us. She can also be reached through Facebook at Lynn thetutor.

For high school students, Julie Youngs is the Squaxin tutor at Shelton high school. You can email Julie at jyoungs@squaxin.us or reach her through Facebook at Julie thetutor. You can also call or text Julie at 360-470-1493.

Internet and Printer Support?

With schools committed to distance learning (at least for now), families are hard at work supporting their children in ways that we wouldn't have imagined a year ago. As Squaxin families and students confront the challenges of distance learning, some are also challenged with adequate internet service and being unable to print assignments when needed. As the Education Department is identifying solutions, we want to hear from Squaxin families to learn more about your needs.

Please reach out to the Education Department to let us know if any of the following apply to you:

1. Internet service isn't available at my home.
2. Internet service is available at my home, but I can't afford the service.
3. I have internet service at home but not enough bandwidth for multiple children to work online at the same time.
4. I have internet service at home through a mobile hotspot.
5. I have other challenges in accessing the internet at home.
6. I need to print schoolwork for my child, but I don't have a printer.
7. I have a printer to print schoolwork for my child but can't afford printer ink.
8. I have other challenges in printing my child's schoolwork.

Please share your needs in any of these challenges by emailing one of the following people:

- Elementary Tutor, Lynice May, at Lmay@squaxin.us
- Middle School and Junior High Tutor, Lynn White, at Lwhite@squaxin.us
- High School Tutor, Julie Youngs, at jyoungs@squaxin.us
- Or, call Mandy Valley at (360) 432-3882 to let her know which of these apply.

Higher Education Updates

Mandy Valley - I just wanted to remind everyone of the importance of reading and understanding the policies and procedures when signing up for Higher Education funds through the Tribe. I am available to help you understand any part of the policies and procedures that are not clear to you. Within the policies, each student is eligible for the Tribe's Higher Education funding for either 15 quarters or 10 semesters. As a student moves closer to reaching that limit, I will email a reminder. It is important that you are aware when you are approaching the end of your eligibility.

Are you prepared to fill out the 2021-22 FAFSA? It launches October 1! Beginning with the 2017-18 FAFSA form, completing the FAFSA requires you to report income information from an earlier tax year.

- On the 2021-22 FAFSA form, you (and your parents, as appropriate) will report your 2019 income information, rather than your 2020 income information.
- Since you will already have filed your 2019 taxes by the time the FAFSA form launches, you will be able to import your tax information into the FAFSA form right away using the IRS Data Retrieval Tool (DRT). No more logging back in to update after filing taxes!
- Not everyone is eligible to use the IRS DRT, and the IRS DRT does not input all the financial information required on the FAFSA form. Therefore, you should have your 2019 tax return and 2019 IRS W-2 available for reference.
- You cannot use your 2020 tax information. They understand that for some families, 2019 income does not accurately reflect your current financial situation. If you have experienced a reduction in income since the 2019 tax year,



Learning Knows No Bounds

you should complete the FAFSA form with the info it asks for (2019), and then contact each of the schools to which you are applying to explain and document the change in income. The colleges have the ability to assess your situation and make adjustments for your FAFSA form if warranted.

- You cannot update your 2021–22 FAFSA form with your 2020 tax information after filing 2020 taxes. Information from your 2019 tax returns is what is required. No updates necessary; no updates allowed.

If you have any questions or concerns please don't hesitate to stop in, call me at (360) 432-3882, or email me at mvalley@squaxin.us. I hope the new school year is off to a great start!

Teen Advocate News

Jaimie Cruz - I hope everyone is having a good start to the school year! The Squaxin Teen Program was able to facilitate our first "Chatting with Chairman," a chance for the teens to virtually meet with Chairman Peters. The youth were able to ask about job training, higher education assistance, and support for the many challenges families are experiencing with the new virtual school. The meeting was about an hour long and Chairman Peters provided a breakdown of what the Tribal Council does, and what his role is as Chairman. He asked the Youth Council officers present about what kind of mentoring happens with youth in middle school. It was a great conversation and the youth look forward to having more of these.

The Squaxin Teen Program is looking for members of the community who would like to spend 30 minutes talking with youth about fishing, hunting, business, storytelling, family lineage, or just to talk about different life experiences. It is important to the youth to hear from Squaxin Community members. If you are open to sharing your knowledge and experience with the teens, please call me at (360) 742-6527, or email to jcruz@squaxin.us.

Last thing for now, the Native Wellness Institute has many resources for teens. Check out their website at: <https://www.nativewellness.com/resources.html>.

A Message from the Tutors

For the Shelton School District families, we know this has been a challenging start to the new school year. We are all tasked with learning a new online system, and remembering how to use some of the online platforms we haven't used since last school year. This is a learning curve for everybody - students, families, teachers, and yes, even your Squaxin Tutors. We are working hard to help everyone learn to navigate the new K-12 online curriculum as we learn it ourselves. The Tutors are here to help with classwork and any other school challenges that arise. ***Please reach out to your tutor when you are facing a challenge. Together we will figure it out.***

- For Bordeaux Elementary, email Lynice May at lmay@squaxin.us
- For Olympic Middle School and Oakland Bay Jr. High, email Lynn White at lwhite@squaxin.us or reach out to her on Facebook at Lynn Thetutor
- For Shelton High School, email Julie Youngs at jyoungs@squaxin.us, call or text Julie at 360-470-1493, or reach her on Facebook at Julie Thetutor




SQUAXIN TEEN PROGRAM PRESENTS

TEENS ON MACHINES

MONDAY, TUESDAY, WEDNESDAY 3:30-4:30PM

Proper Attire includes tennis shoes, no jeans, and appropriate length bottoms.

ALL YOUTH ARE REQUIRED TO FILL OUT A REGISTRATION FORM AND COMPLETE ORIENTATION BEFORE PARTICIPATING.

EMAIL CASSIDY GOTT TO REGISTER
CGOTT@SQUAXIN.US



EMERGENCY MANAGEMENT



Preparing for Disaster During Covid-19



COVID-19 is likely to be with us for a long time, and that is why we must prepare a little differently for other disasters that may affect our communities. It is difficult to think about, but other disasters, like wildfires and earthquakes, can still strike.

Knowing what hazards can affect your community and learning what to do before, during, and after each one will help you stay safe, and strengthen your ability to adapt, so that you can recover or 'bounce back' quickly. There are actions that you can take to prepare while still protecting yourself from COVID-19 during a disaster.

How will I meet my basic needs in a disaster during a pandemic?

Disasters can cause sudden challenges like knocking out power, blocking roads, disrupting the response of emergency services, and causing stores and pharmacies to close for an extended period. COVID-19 adds to this complexity. Prepare now so that you have critical skills and can meet your basic needs.

Learn lifesaving skills, such as First Aid and CPR. The Red Cross has a variety of online classes to learn these skills. Also, download the free First Aid App (search "American Red Cross" in app stores).

Assemble two kits of emergency supplies and a one-month supply of prescription medication. Customize your kits to meet your needs. Include disinfectant and hygiene items like soap and hand sanitizer to protect against COVID-19. Some supplies may be hard to get, and availability will worsen in a disaster, so start gathering supplies now.

Stay-at-home kit (2 weeks of emergency supplies): Include everything you need to stay at home for at least two weeks with items such as food, water, household cleaning and disinfectant supplies, soap, paper products and personal hygiene items.

Evacuation kit (3 days of supplies in a "go bag"): Your second kit should be a lightweight, smaller version that you can take with you if you must leave your home quickly. Include everything you need to be on your own for three days - food, water, personal hygiene items, and cleaning and disinfectant supplies that you can use on the go (tissues, hand sanitizer with 60% alcohol and disinfection wipes). Ensure that you have cloth face coverings, such as masks and scarves, for everyone in your household who can wear one safely. Cloth face coverings are not a substitute for physical distancing. Continue to keep about 6 feet between yourself and others in public.

1-month supply of prescription medication, as well as over-the-counter medications like cough suppressants and fever reducing drugs and medical supplies or equipment. Keep these items together in a separate container so you can take them with you if you have to evacuate.

When an Earthquake Strikes:

Where Will You Be? What Will You Do?

INDOORS
Drop onto your hands and knees, Cover your head and neck, and Hold on under something sturdy until shaking stops. If no shelter is nearby, crawl next to an interior wall (away from windows). Do not go outside during shaking! One of the most dangerous places to be is near an exterior wall of a building.

IN A CLASSROOM
Drop, Cover, and Hold on. Keep in mind that laboratories and other settings may require special safety considerations.

IN A WHEELCHAIR/ WITH A WALKER
Lock your wheels, Cover your head and neck, and Hold on until the shaking stops.

IN A HIGH-RISE
Drop, Cover, and Hold on. Once the shaking stops, if you evacuate the building, use stairs instead of elevators.

IN A STORE
Drop away from shelves, Cover next to a shopping cart or beneath clothing racks if possible, and Hold on.

IN A BED
Lie face down, Cover your head and neck with a pillow, and Hold on with both hands.

OUTDOORS
Move to a clear area if you can safely do so (away from buildings, power lines, trees, signs, vehicles, and other hazards), then Drop, Cover, and Hold on.

DRIVING
Pull over, stop, and set the parking brake — avoid overpasses, bridges, power lines, and other hazards. Stay inside the vehicle until shaking stops.

NEAR A SHORELINE
As soon as shaking reduces such that you are able to stand, walk quickly to high ground or inland.

Drop, Cover, and Hold on. Washington is earthquake country. It's not a question of "if" but "when" an earthquake will strike us. Be sure to practice your earthquake skills on the third Thursday of each October during the Great Washington ShakeOut. More information at shakeout.org/Washington.

The Great Washington **ShakeOut**

EMERGENCY MANAGEMENT DIVISION
WASHINGTON




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

If it is an
EMERGENCY
CALL 911



1

2

3 THE HONORABLE ANITA ESTUPIÑAN NEAL

4

5 SQUAXIN ISLAND TRIBAL COURT

6 YOUTH COURT

7 SQUAXIN ISLAND RESERVATION

8

9 IN RE: Case No.: SQI-CW-2020-09-10

10 S.N.J. SQI-CW-2020-09-11

11 B.N.J. SQI-CW-2020-09-12

12 E.N.J. SQI-CW-2020-09-13

13 L.N.J. SQI-CW-2020-09-14

14 Indian Children NOTICE OF FACT FINDING AND DISPOSITIONAL HEARINGS

15 THE SQUAXIN ISLAND TRIBAL YOUTH COURT TO: Rachel Naranjo Johns

16 YOU ARE HEREBY NOTIFIED THAT pursuant to the Squaxin Island Youth code, the Court

17 has set Fact Finding and Dispositional Hearings in the above captioned matter. The hearing on this

18 matter shall be held on November 5, 2020 at 9:00 a.m. at 10 SE Squaxin Lane, Shelton, Washington.

19 FAILURE TO APPEAR AT THIS HEARING OR TO RESPOND IN WRITING MAY RESULT IN

20 THE CHILD BEING PLACED IN AN OUT OF HOME PLACEMENT. File your written response

21 with Squaxin Island Tribal Court at the above listed address or call 360-432-3828 for more information.

22

23

24

25 NOTICE – PAGE 1 OF 1

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



Since They Can't Talk, Babies Cry.

Babies cry for many reasons.
Be a detective to figure out
what your baby wants to tell you.



A Hungry Baby may:

- ◆ Bring their hands near their mouth
- ◆ Clench their hands
- ◆ Pucker their lips, suck on fist
- ◆ Make sucking motions & noises
- ◆ Search for nipple (root)
- ◆ Bend arms and legs in toward the middle of his body

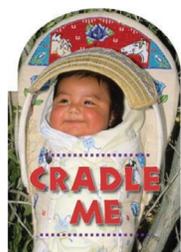
Babies cry for many reasons other than hunger. They may just want something to be different. Examples include:

- ◆ Too hot or cold
- ◆ Lonely or tired
- ◆ Upset by too much noise, too many people, or too bright of lights
- ◆ Uncomfortable with a wet or dirty diaper, clothes too tight, too much time in the car seat, just needs a break from current activity, or situation, etc.

Crying won't always mean your baby is hungry.
Babies are hard to understand at first, but it gets easier!



The average 6 week old baby cries for about 2 hours each day.
Babies cry less and less as they get older.



For more Baby Behavior information,
Contact WIC with SPIPA 360.462.3224

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



Doctor's Corner: A Sobering Reminder

By Angela Tobias, MD from the Squaxin Island Health Clinic - Recently news broke that actor Chadwick Boseman, famous for embodying the comic book character Black Panther in the groundbreaking movie by the same name and in multiple other movies from the Marvel Cinematic Universe, had died at age 43 after a four year battle with Stage III Colon Cancer. If you have kids of a certain age, or you're just a big geek like me, this was a big loss. Particularly because he had not disclosed his diagnosis publicly, and he had seemed to be the picture of strength and health. He was a superhero, after all.

However, this is the heartbreaking reality of colon cancer. In recent years, we've seen more and more people under 50 be diagnosed with it, especially in certain populations. But it doesn't have to be this way! In honor of Chadwick Boseman, let me share a somewhat expanded version of my usual colon cancer screening speech, in case you haven't heard it yet.

Routine screening currently starts at age 50. However, at least one professional organization has advocated **lowering that to age 45**, because of the increase in colon cancer diagnosed in younger people, and I support this. And, if you have anyone with colon cancer in your immediate family, you should **start screening at 10 years younger than your relative was diagnosed.** So for example, if Chadwick Boseman (who was diagnosed at age 39) had any children, they should begin screening at age 29.

Colonoscopy is the gold standard, because if any polyps are seen, they can be removed and examined at the time of the procedure. And if it is normal, you may not have to be screened again for up to 10 years. And it really is not that bad! There are several alternative ways to screen for colon cancer, but most of them involve collecting your stool and sending it to a lab. And they all need to be done more often than a colonoscopy. But some of them are very inexpensive, even if you don't have any medical insurance, so please don't let that be a barrier to getting screened.

Everyone who has a colon needs colon cancer screening, but some groups should be especially careful that they encourage all their loved ones to be screened. African Americans and Ashkenazi Jews have higher than average risk of colon cancer. African Americans, Latinx, and Alaska Natives/Native Americans in some regions of the US tend to come to diagnosis at a later stage of the disease than other groups, most likely because of health disparities that limit access to screening. Fortunately, tribes in the Pacific Northwest are not in general at increased risk of colon cancer, but our relatives in some of the plains tribes are, so if you have ancestors from those tribes, you should be extra vigilant about screening.

There are also several genetic and hereditary syndromes that convey an increased risk of colon cancer. In some cases, genetic screening is available to better understand your risk. Some direct-to-consumer products advertise this type of genetic screening, but I do not recommend you undergo any genetic screening without thorough and individualized counseling about the risks and benefits from a physician knowledgeable on this topic.

In addition to getting screened when you are of age, eating a diet low in processed foods and high in fiber, fruits, and vegetables can reduce your risk. So can avoiding tobacco use, and consuming alcohol in moderation (2 drinks or less per day, and not every day), and maintaining a healthy weight and activity level.

It is most ideal to catch colon cancer before it has grown big enough to produce any symptoms. But some of the symptoms that should trigger an evaluation include: blood in the stool, dark black tarry stool, a sus-

tained change in the diameter of the stool you pass, a change in your bowel habits that is otherwise unexplained, a feeling that you cannot empty your bowel completely, abdominal pain, unexplained weight loss, iron deficiency anemia (especially in a woman after menopause or in a man). Now, there are many different things that can cause these symptoms, so don't necessarily start thinking it's got to be cancer if you have these symptoms. Just come in and get checked out.

I've had a few people over the years decline screening because of a belief that they're not at high risk so they could put it off or not do it at all. However, **up to 75% of colon cancers are sporadic, occurring in people without a family history of the disease.** I am a case in point. I have no family history of colon cancer, but when I had a colonoscopy at age 46, I already had a precancerous polyp, and I had no symptoms. Many doctors worry that because of the pandemic, we will see a second epidemic of cancers being diagnosed later than they should have been. But that doesn't need to happen here. We are open and ready to take care of all your medical needs. Please be proactive about your preventive health, and check in with your loved ones that they are doing so also.



Mammogram Clinic
Monday, October 19, 2020
7:30 a.m. to 3:30 p.m.

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 Clinic





October is Eat Better, Eat Together Month

Submitted by Patty Suskin, Diabetes Coordinator

National Eat Better, Eat Together Month during October encourages families to gather for mealtimes.

<https://nationaldaycalendar.com/eat-better-eat-together-month-october>

<https://thefamilydinnerproject.org/about-us/benefits-of-family-dinners>

Eating together as a family has many social, physical and emotional benefits. Did you know the more families share meals, the less likely their kids are to drink alcohol, smoke, or use drugs?

Benefits of families who sit down and eat together include:

- Making healthier food and beverage choices
- Doing better in school
- Lowering risk of substance abuse
- Lowering risk of obesity
- Lowering risk of depression
- Lowering risk of teen pregnancy
- Raising self-esteem and sense of resilience



Lack of time and too many activities can make it hard for families to eat together on a regular basis. With less activities due to covid-19, this is a great time to consider starting or having more family meals. With any new habit, it takes extra time in the beginning before it becomes routine.

Here are a few ways that may help you find time to sit down together at least a few times a week:

Make a breakfast date with your kids on the weekends. Get everyone involved in the meal preparations: mixing batter, cutting up fruit, setting the table, and cleaning up are all possibilities.

Have a "No Excuses" night when everyone has dinner together, no matter what. Take turns planning and cooking the meal.

Using a slow cooker, or cooking ahead on the weekends may help on super busy nights.

Have easy meal ingredients on hand so meals at home can happen easily even when there's no time: hearty canned soups, eggs (can be scrambled or made into omelets), sliced cheese (grilled cheese sandwiches) or pasta and jarred spaghetti sauce will all work for simple dinners. Serve some baby carrots or other vegetables and cut up fruit on the side, and you are way ahead of the drive thru nutritionally.

If you need help with meal planning or ideas on how to get started, contact Patty at (360) 432.3929 or psuskin@squaxin.us



Looking for an outdoor hike or walking trail?

Check out the ideas listed on the Squaxin Island Tribe website: SquaxinIsland.org. Search for "Outdoor" or go to "Health Services" and at the very bottom of the page click on "Outdoor Activities." Over 30 Local parks and walking trails are listed.

Going outside is good for your mental and physical health!

- Feel better
- Improve concentration
- Sleep better
- Relieve stress and anxiety

The adult goal of 30 minutes a day can be broken up into 3-10 minute sessions. The goal for children is at least one hour of physical activity a day.

If you have a favorite trail or hike you'd like to share, please do! Need help writing it up? Contact Patty at Health Promotions: (360) 432-3929 or email psuskin@squaxin.us.



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, October 13
We are continuing remote phone appointments due to the COVID-19 virus

We will call you on your appt day

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

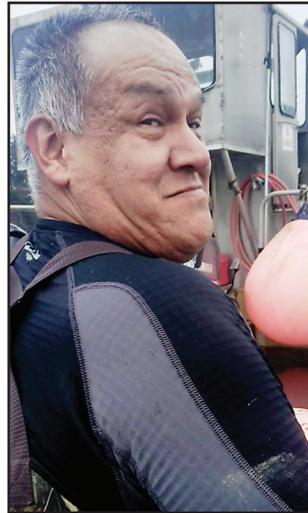




COMMUNITY



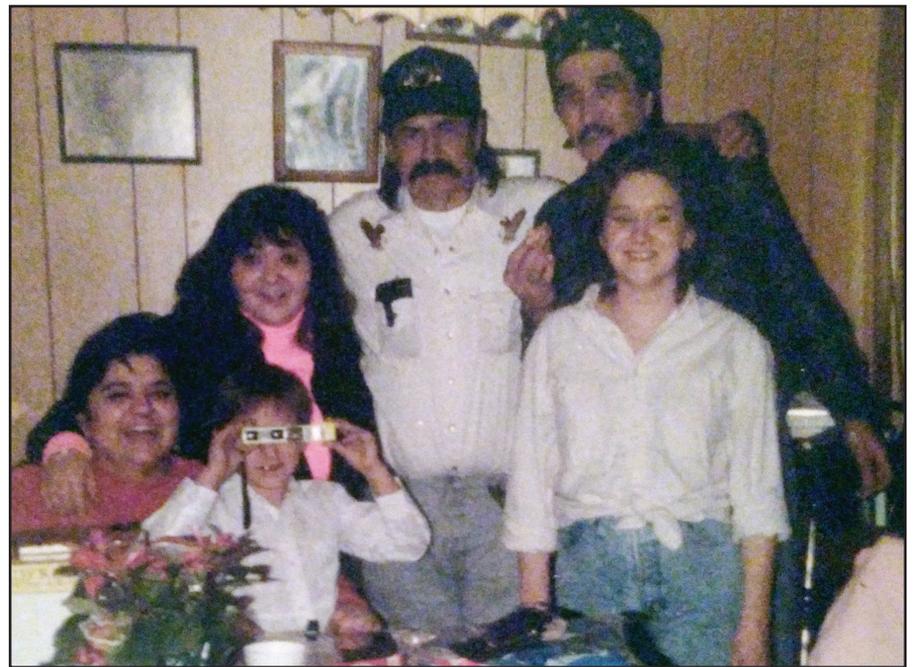
**Big D, Happy Birthday! We love you!
- The Lopemans**



**Happy Birthday Bro's (Uncles)!
We love you!
- Lopeman-Johns Family!**



**Thanks for all you do for me. Happy Birthday, my love!
- Angie**



**Hey Uncle Mike,
YOU
Haven't changed a bit.
Happy Birthday!
And please
Take care of yourself.
Thank you for being a
Great Uncle
And always being there
for us ...
- The Lopeman's**



**Happy birthday to Derick Hunt!!!
Love,
Angie Lopeman & Family**





Elders Menu . . . Fruit and salad at every meal



MONDAY 5:
Burger Dips

TUESDAY 6:
Clam Chowder, Frybread

WEDNESDAY 7:
Tacos, Spanish Rice

THURSDAY 1:
Baked Chicken, Rice Pilaf, Carrots

MONDAY 12:
Biscuits & Gravy, Boiled Eggs

TUESDAY 13:
Italian Sausage Potato Soup,
Breadsticks

WEDNESDAY 14:
Meatloaf w/ Veggie Rice

THURSDAY 8:
Roast Beef, Roasted Red Potatoes,
Broccoli

MONDAY 19:
Chicken Pot Pie

TUESDAY 20:
Butternut Squash w/ Noodles, Biscuits

WEDNESDAY 21:
Indian Tacos

THURSDAY 15:
Chicken Fried Steaks, Mashed
Potatoes w/ Gravy, Mixed Veggies

MONDAY 26:
Teriyaki Chicken, Rice, Veggies

TUESDAY 27:
Tomato Basil Ravioli Soup,
Ham & Cheese Sandwiches

WEDNESDAY 28:
Pork Chops, Stuffing, Peas & Carrots

THURSDAY 22:
Spaghetti, Corn, Garlic Toast

THURSDAY 29:
Pizza



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.



NOTICE TO CREDITORS in the matter of the Estate of: Leanora Christine Krise Deceased. Case No. CV-2020-03-11

The personal representative named below has been appointed as personal representative of the estate of Leanora Christine Krise.

Mrs.Krise's address at the time of her death was 10 SE Qua-TaSat Circle, Squaxin Island Tribe Reservation, Shelton, Washington, 98584.

Any person having claim against the decedent, or claiming to be an heir under the decedent's will, must, within one hundred twenty (120) days of the date of the first publication of this notice, present the claim in the manner as provided in Squaxin Island Tribal Code, §8.07.010, by serving on or mailing to the personal representative or the personal representative's attorney at the address stated below a copy of the claim and filing the original of the claim with the court in which the probate proceedings were commenced. If the claim is not presented within this time frame, the claim is forever barred. This bar is effective as to claims against both the decedent's probate and nonprobate assets.

Date of First Publication: 5/15/2020 Personal Representative declares under penalty of perjury under the laws of the state of Washington that the foregoing is true and correct.

Jaimie Cruz
271 SE Whitener Rd
Shelton, WA 98584
(360) 742-6527

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





October Happy Birthdays



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

3
Adam Wade Mowitch
Joshua Gregory Smith

4
Lorenzo A. Solano
Nicole Lee Seymour
Steven Robert Sigo Jr.

5
Amanda Lee Maynard
Beth Ann Robinson
Lydia Ann Buffington

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

7
Michael David Krise
William Raymond Peters

8
Alea Lynn Janine Shea
Audelia Marie Araiza
Elizabeth Ann Perez
Theresa J. Davis

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

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

11
Dontae O. Hartwell
Michael Alan Peters

12
Larry Douglas McFarlane Jr.
Paxton John Ackerman
Sharen I. Ahrens

13
Jericho Lon Hartwell
Julian Sorin Hawk Masoner
Steven Robert Sigo

14
Savannah R. Fenton

16
Bobbie L. Filipetti
Leo Eugene Henry Jr.
Troy Tye Baxter

17
Charles Ormond Lacefield
Kelly Leanne Bell
Mitchell Elliot Coxwell
Ruth Branch Allen
Wilson Charles Johns

18
Christina E. Price
Clara Rose Seymour-Luby
Danielle Charlene Whitener
Micha James Roberts
Shanika Rose Diane Cooper

19
Christine Thompson
Trelace` Rose Sigo

20
Jacey Cruz Gonzales
Michael Henderson Jr.

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

22
Anthony Raymond James
Danielle Lyne White

23
Erik Jason Johnson

24
Marjorie S Hill
Roger Allen Turner-Ford
Rolayno Jay Charters
Rose Ann Davis

25
Cloe' Angelique Martin
Erika Ada Thale

26
Kasia Lee Seymour
Lisa Marie Johns
Selah George Thale

27
Ellen M. Davenport
Grace A. Scout
Mario Lee Rivera

28
Andrew Stephen Crone

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

30
Autumn Dancing Fire Wily
Carie Ann Kenyon
Josef Turner Sigo
Tori Anne Willis

31
Hayden Joseph Seymour
Marvin Stanley Henry Jr.
Sam Emilio Luby
Tanya Gaylene Anderson
Tarvail Roy Garcia
Wilma Moneaka Morris



Squaxin
ORGANIC PRODUCE

Thursday's
3:30 pm - 5:30 pm

At The Klah-Che-Min Dr Bus Shed



In an effort to reach the maximum number of Tribal Members we will be returning to our previous location on the reservation. We will be located at the Bus Shed on Klah-Che-Min Dr, in between Kaya Circle and the Tribal Offices.

See you there!

The Squaxin Garden Crew



What's Happening



Produce Available at the Klah-Che-Min Bus Shed
Thursdays from 3:30 - 5:30

Earthquake ShakeOut Drill
October 15

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

September Court Dates:
FAMILY COURT: October 1
CRIMINAL/CIVIL COURT: October 13



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



South Puget Intertribal Planning Agency



USDA Foods Program October Dates

PT. GAMBLE S'KLALLAM 10/6/20

SQUAXIN ISLAND 10/8/20

CHEHALIS 10/14/20

SKOKOMISH 10/20/20

NISQUALLY 10/22/20

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.



Early Childhood Education & Assistance Program
Washington State Department of Early Learning

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



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

ECEAP Provides:

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

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